

# Section Eight: First Aid and Emergencies

## First Aid and Emergencies

- Logging operations are often in remote areas far away from emergency care.
- Properly given first aid can often save a life.
- OSHA requires logging operations to be ready for emergency medical care situations.

## **First Aid Requirements**

- All employees, including supervisors, must be certified as trained in first aid and **CPR**.
- First aid kits are required at each work site where trees are being cut, at each active landing, and on each employee transport vehicle.
- The number of kits and content must reflect the degree of isolation, the number of employees, and the hazards anticipated.
- The minimum required contents of a first aid kit are provided by appendix “A” of the OSHA Logging Standard.
- Person responding to accidents may be exposed to Bloodborne diseases.
- Workers should also be aware of first aid for insect bites, stings, tick related diseases, and snake bites.

## Appendix A....First Aid Kits (contents)

- Two gauze pads (at least 8 x 10 inches).
- Box adhesive bandages (band-aids)
- One package gauze roller bandage at least 2 inches wide.
- Two triangular bandages.
- Wound cleaning agent such as sealed moistened towelettes.
- Scissors.
- At least one blanket.
- Tweezers.
- Adhesive tape.
- Latex gloves.
- Resuscitation equipment such as resuscitation bag, airway, or pocket mask.
- Two elastic wraps.
- Splint.
- Directions for requesting emergency assistance.

## **First Aid and CPR Training Shall Consist of the Following:**

- The definition of first aid.
- Legal issues of applying first aid (Good Samaritan Laws).
- Basic anatomy.
- CPR.
- Application of dressings and slings.
- Treatment of strains, sprains, and fractures.
- Immobilization of injured persons.
- Handling and transporting injured persons.

- Treatment of bites, stings, or contact with poisonous plants or animals.
- Patient assessment and first aid for the following:
  - Respiratory arrest
  - Cardiac arrest
  - Hemorrhage
  - Lacerations/abrasions
  - Amputations
  - Musculoskeletal injuries
  - Shock
  - Eye injuries
  - Burns
  - Loss of consciousness
  - Extreme temperature exposure (hypothermia/hyperthermia)
  - Paralysis
  - Poisoning
  - Loss of mental functioning (psychosis/hallucinations, etc.)
  - Drug overdose

## **First Aid Kits Should Be....**

- Kept clean.
- Well stocked.
- Inspected often.
- Available when needed.
- A familiar sight.
- At each cutting site, landing, and worker transport vehicle.

## Emergency Response Check List

- Is there a site wide communication system and a reliable way of contacting EMS on the work site?
- If using a cell phone, have you identified areas of reception ?
- Has the workforce discussed what to do if a serious injury occurs?
- Do all cutting sites, landings and worker transport vehicles have first aid kits?
- Do all workers have current first aid and CPR certificates?
- Have you considered purchasing smoke producing locator flares to assist life-flite's ability to locate your sight ?