



UNIVERSITY OF MAINE
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First- Aid
Safety Program

The University of Maine at Fort Kent First Aid Policy

General	First aid is the first step in the treatment of an injury or sudden illness rendered by trained providers while awaiting care by professional medical personnel, paramedics, or first responders. First aid does not take the place of proper medical treatment.
Regulatory Guidance	29 CFR 1910 Subpart K; 1910.151 (General) 29 CFR 1910.266 (Logging) 29 CFR 1910.1030 Bloodborne Pathogens Standard American National Standards Institute (ANSI) Z308.1-1998 <i>Minimum Requirements for Workplace First-aid Kits.</i>
Requirements	OSHA regulations require that, in the absence of an infirmary, clinic, hospital or other professional medical care (i.e. paramedic, EMT, etc.) in near proximity to the workplace, a person or persons shall be adequately trained to render first aid and adequate first aid supplies shall be readily available. First Aid training is required for employees engaged in activities such as Scientific Diving, Logging Operations, or Field Work.

First Aid Kits

First Aid kits are required at locations where professional medical care is not in near proximity. Such locations include but are not be limited to: forest or waterborne expeditions, remote rural locations, etc.

First Aid Kit Contents must include, at a minimum:

1. Gauze pads (at least 4" x 4")
2. Two large gauze pads (at least 8" x 10")
3. Box adhesive bandages (band-aids)
4. One package gauze roller bandage at least 2" wide
5. Wound cleaning agent, such as sealed moistened towelettes.
6. Scissors
7. Tweezers
8. Adhesive tape
9. Universal Precautions kit (disposable gloves, CPR barrier).

First Aid Training

First Aid Training Programs should meet the minimum requirements of the American Red Cross, American Heart Association, National Safety Council or other recognized First Aid training organization. Re-training should be

conducted as prescribed by the standards of the training program or agency. A record of required First Aid training must be provided to the employee's supervisor with copies maintained by the employee's department.

Employees who are required to provide First Aid as a portion of their job duties are also required to receive annual Blood-borne Pathogens Training.

Employees who are required to receive First Aid training, but do not have a duty to act as a portion of their job responsibilities, should refer to the Supplement at end of this program.

Responsibilities

The Facilities Director is responsible for monitoring changes in OSHA First Aid guidelines and transmitting such information to the University community.

Supervisors shall ensure that:

- 1) Employees obtain first aid training as required.
- 2) First-aid kits and emergency plans are readily available.

First Aid Trained Employees are responsible for calling the appropriate emergency number (i.e. 911) if assistance is required, providing care as applicable, and notifying their supervisor when First Aid is rendered.

For Additional
Information

Contact your Facilities Director at 834-7671.

University Of Maine at Fort Kent
First Aid Training
Bloodborne Pathogens Supplement

Who needs this training?

This document is intended as a supplement to First Aid training for University employees who are not required to provide first aid. This document is not intended to and does not replace detailed *Bloodborne Pathogen Training* required for employees who may be exposed to potentially infectious materials while performing regular work functions (i.e. blood/ bodily fluid clean-up, laundry/ custodial services).

What is my risk?

First Aid providers may be exposed to a variety of potentially infectious materials and transmittable diseases while providing care to an ill or injured person. Potentially infectious materials include blood and many other, but not all, bodily fluids. Transmittable diseases include but are not limited to Hepatitis and HIV/AIDS. The risk of contracting a transmittable disease while providing First Aid care is low, however, some level of risk does exist. Since most transmittable diseases are not readily observable, we must take Universal Precautions and assume that **ALL** individuals are potentially infectious and protect ourselves by taking appropriate precautions and **using barriers** (i.e. disposable gloves, face shields, and resuscitation shields/masks) while providing care to an ill or injured person.

Do I have to provide First Aid?

As a First Aid provider you have the responsibility to decide to provide care to an ill or injured person. You may choose not to provide care if:

- You feel the incident exceeds your level of training.
- You do not have the appropriate personal protective equipment/ barriers.
- You cannot provide care without endangering yourself or others.

As a First Aid provider, you cannot be held liable for failure to provide care; however, if you choose not to provide care, you should still call for emergency assistance (911).

I think I might have been exposed, what should I do?

If, during the course of providing First Aid care, you feel you may have exposed to a potentially infectious material or transmittable disease, contact your supervisor or the Department of Facilities Management. The University has procedures in place to have you evaluated by a medical professional who can determine if further care is warranted. Care for potential exposures includes an evaluation of the exposure and may include appropriate testing and/ or vaccinations.