

FIRST AID KITS and TRAINING

The owner/operator, foreman, and all fellers shall be adequately trained in first aid methods as prescribed by the American Red Cross or an equivalent training program. In addition, one other person in each operating area shall also have this training.

Location, Contents: The employer shall provide first aid kits at each work site where felling is being conducted, at each landing, and on each employee transport vehicle. The number of first aid kits and the content of each kit shall reflect the degree of isolation, the number of employees, and the hazards reasonably anticipated at the work site. The locations where first aid kits are required have been expanded beyond "work site" and transport vehicles, to denote the landing area and felling site specifically.

The following is deemed to be the minimally acceptable number and type of first aid supplies for first aid kits required for logging work sites. The contents of the first aid kit listed should be adequate for small work sites, consisting of approximately two or three employees. When larger operations or multiple operations are being conducted at the same location, additional first aid kits should be provided at the work site, or additional quantities of supplies should be included in the first aid kits.

1. Gauze pads (at least 4"x 4")
2. Two large gauze pads (at least 8" x 10")
3. Box adhesive bandages (Band-Aid's)
4. One package gauze roller bandage at least 2" wide
5. Two triangular bandages
6. Wound cleaning agent such as sealed, moistened towelettes
7. Scissors
8. At least one blanket
9. Tweezers
10. Adhesive tape
11. Latex gloves
12. Resuscitation equipment, such as a resuscitation bag, airway, or pocket mask
13. Two elastic wraps
14. Splint
15. Directions for requesting emergency assistance

Maintenance: The employer shall maintain the contents of each first aid kit in a serviceable condition.



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First Aid Training: The employer shall assure that each employee, including supervisors, receives or has received first aid and CPR training meeting at least the requirements specified as outlined below:

- The following is deemed to be the minimal acceptable first aid and CPR training program for employees engaged in logging activities.
- First aid and CPR training shall be conducted using the conventional methods of training such as lecture, demonstration, practical exercise and examination (both written and practical). The length of training must be sufficient to assure that trainees understand the concepts of first aid and can demonstrate their ability to perform the various procedures contained in the outline below.
- At a minimum, first aid and CPR training shall consist of the following:
 - A. The definition of first aid
 - B. Legal issues of applying first aid (Good Samaritan Laws)
 - C. Basic anatomy
 - D. Patient assessment and first aid for the following:
 - a. Respiratory arrest
 - b. Cardiac arrest
 - c. Hemorrhage
 - d. Lacerations /abrasions
 - e. Amputations
 - f. Musculoskeletal injuries
 - g. Shock
 - h. Eye injuries
 - i. Burns
 - j. Loss of consciousness
 - k. Extreme temperature exposure (hypothermia/hyperthermia)
 - l. Paralysis
 - m. Poisoning
 - n. Loss of mental functioning (psychosis/hallucinations, etc.)
 - o. Drug Overdose
 - E. CPR
 - F. Application of dressings and slings
 - G. Treatment of strains, sprains, and fractures
 - H. Immobilization of injured persons
 - I. Handling and transporting of injured persons
 - J. Treatment of bites, stings, or contact with poisonous plants or animals
 - The employer shall assure that each employee's first aid and CPR training and/or certificate of training remain current.
 - *Designated Person:* All training shall be conducted by a designated person or persons.
 - Each employee shall be provided with the name of every person who has been adequately trained in first aid.

