



FIRST AID/CPR/AED

Employers must ensure workers understand emergency response procedures and OSHA requirements for First Aid, CPR, and AED on construction sites.

Construction sites are high-risk environments. Accidents like falls, electrical shocks, and heavy equipment injuries can happen quickly. OSHA mandates that employers provide prompt medical attention and trained personnel to respond to injuries. Knowing how to respond can save lives.

First Aid Requirements (OSHA Standard 29 CFR 1926.50):

Trained Personnel:

- If no clinic, hospital, or physician is reasonably accessible, a person certified in first aid must be present on-site.

First Aid Kits:

- Must be weatherproof, with sealed packages.
- Inspected regularly and used items replaced.

Emergency Transport:

- Employers must provide equipment or communication systems to transport injured workers or contact emergency services.

Eye Wash Stations:

- Required where workers may be exposed to corrosive materials.

Assess the scene: Make sure it's safe before approaching.

Call for help: Dial 911 or alert site emergency personnel.

Treat what you can: Stop bleeding with pressure and bandages. Immobilize injuries. Keep the injured person calm and comfortable.

Tip: Know where the first aid kits are located and ensure they're stocked.

CPR (Cardiopulmonary Resuscitation):

Trained Personnel:

- OSHA requires CPR training for all employees designated to provide medical assistance.
- CPR is critical for cardiac arrest, electrocution, or suffocation incidents.
- CPR-trained personnel should be available within 3–4 minutes of any serious incident.

CPR should be used when a person is unresponsive and not breathing. The seven CPR steps:

1. Call 911.
2. Assess the scene of the emergency.
3. Open the victim's airway.

4. Check for breathing.
5. 30 chest compressions.
6. 2 rescue breaths.
7. Repeat the cycle.

Tip: Hands-only CPR is effective and recommended if you're not trained in rescue breathing.

AED (Automated External Defibrillator):

OSHA does not require AEDs but strongly recommends them in high-risk industries like construction. AEDs should be:

- Easily accessible.
- Regularly maintained (check batteries, pads, and functionality).
- Included in training programs.
- Employers should have a written AED program with medical oversight.
- Use an AED when someone is in cardiac arrest.

Steps:

- Turn on the AED and follow voice prompts.
- Expose the chest and attach pads.
- Stand clear during analysis and shock.
- Resume CPR immediately after shock or if no shock is advised.

Tip: Know the AED location on your site and check its battery and pads regularly.

Key Reminders:

Know your site: Locate first aid kits, AEDs, and emergency plan.

Training saves lives: Certification in First Aid/CPR is a low-cost, high-impact safety measure.

Stay calm and act fast: Panic delays help. Every second counts in emergencies.

GCSC RESOURCES

SAFETY TRAINING

6:00am – 3:00pm csr@mygcsc.com

Course Code	Course
08CPRAED	CPR, First Aid & AED (Instructor Led)
A08BBP	Bloodborne Pathogens

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