

CPR/AED



Sudden cardiac arrest may occur when a ventricular fibrillation takes place, or when the heart stops beating altogether. In the absence of immediate medical attention, the victim collapse, loses consciousness, becomes unresponsive, and then dies. Many of these victims have no prior history of heart disease, and they are stricken without warning. Causes of sudden cardiac arrest may include (though not exclusively) heart attack, electrocution, or asphyxiation.

In the United States, each year, roughly 300,000 people die of sudden cardiac arrest. Approximately 13% of those deaths occur at work. The chances of a victim surviving such an event drop by approximately 10% for each minute that passes after the episode. Automated External Defibrillators (AEDs) are an important lifesaving technology, and they may play a vital role in treating workplace cardiac arrest. Most sudden cardiac deaths occur outside of the hospital, or too far away for immediate professional medical response. Therefore, if there is an AED present in the workplace, it is vital that all the employees on the premises know where the device is located, and are trained in its use.

AED training

Your workers can easily be trained to:

- Recognize sudden cardiac arrest and notify EMS personnel,
- Perform cardiopulmonary resuscitation (CPR),
- Provide early defibrillation with an AED, and
- Care for the victim until EMS personnel arrive.

OSHA standards 29 CFR 1910.151(b) and 29 CFR 1926.50(c) recommend that every workplace include one or more employees who are trained and certified in first aid, including CPR. For most employers, this training provides a feasible and low-cost option to protect their employees, as well as permitting the employer to comply with the standards. The essential requirement of these standards is that the employer must ensure prompt first aid treatment for injured employees, either by having an available trained first aid provider at the worksite, or by ensuring that emergency treatment services are within reasonable proximity of the worksite. The standards do not define "reasonable proximity," either as to distance or number of minutes for response, but OSHA has long interpreted the term "near proximity" to mean that emergency care must be available within no more than 3-4 minutes. This interpretation has been upheld by the Occupational Safety and Health Review Commission and by federal courts.

Placement of AEDs

- AEDs should be conveniently installed to ensure response within 3-5 minutes.
- Areas where many people work closely together, such as assembly lines and office buildings.
- Close to a confined space.
- Areas where electric-powered devices are used.
- Outdoor worksites where lightning may occur.
- Health units where workers may seek treatment for heart attack symptoms.
- Company fitness units and cafeterias.
- Remote sites, such as off-shore drilling rigs, construction projects, marine vessels, power transmission lines, and energy pipe lines.



First Aid



A workplace first-aid program is part of a comprehensive safety and health management system that includes the following four essential elements:

- *Management Leadership and Employee Involvement
- *Worksite Analysis
- *Hazard Prevention and Control
- *Safety and Health Training

Obtaining and evaluating information about the injuries, illnesses and fatalities at a worksite are essential first steps in planning a first-aid program. Employers can use the OSHA 300 log, OSHA 301 forms, their Workers' Compensation insurance carrier reports or other records to help identify the first-aid needs for their businesses. If an employee is expected to render first aid as part of his or her job duties, the employee is covered by the requirements of the Occupational Exposure to Bloodborne Pathogens standard (29 CFR1910.1030). This standard includes specific training requirements.

First Aid Supplies

A specific example of the minimal contents of a workplace firstaid kit is described in American National Standards Institute ANSI Z308.1 - 2003, Minimum Requirements for Workplace First Aid Kits. The kits described are suitable for small businesses. For large operations, employers should determine how many first-aid kits are needed, and if it is appropriate to augment the kits with additional first-aid equipment and supplies.

First Aid Training

First-aid courses should be individualized to the needs of the workplace. Some of the noted program elements may be optional for a particular plant or facility. On the other hand, unique conditions at a specific worksite may necessitate the addition of customized elements to a first-aid training program.

Adult First Aid/CPR/AED Training. Are you qualified?

To continue providing a wide spectrum of workplace health and safety training for our clients, and other interested employers, the Health & Safety staff at GCG Risk Management is now equipped to offer the American Red Cross certified course "Adult First Aid/CPR/AED". This course teaches employees to recognize and care for a variety of first aid emergencies. These include burns, cuts, scrapes, sudden illnesses, head injuries, neck injuries, back injuries, heat and cold emergencies, and how to respond to breathing and cardiac emergencies for victims 12 years of age and older. Successful participants will receive a certificate for Adult First Aid/CPR/AED valid for two years.

GCG offers this training at a modest additional cost per person, to cover the cost of the certifications. GCG will provide the equipment for this training (though the employer that already has this equipment available may provide its own equipment as well). Obviously, the limits of time and personnel suggest that larger group format for this training would make it more expeditious and efficient for GCG and the employer, as this is hands on training done in person. If you are interested in discussing this with GCG staff, please contact Angela Goff at angela.goff@gcgriskmanagement.com.