

City of Los Angeles
Bureau of Contract Administration
First Aid/CPR Basic Training



§3406. Medical Services and First Aid. Training shall be equal to that of the American Red Cross or the Mine Safety and Health Administration.




FIRST AID TRAINING

Minor Injuries




Learning Objectives



- ✳ Understand how you can use first aid procedures to help someone who has suffered an injury
- ✳ Recognize what type of injuries you can treat with First Aid procedures
- ✳ Be able to describe how to administer first aid in different injury situations on a job site
- ✳ Understand when you should give first aid in order to protect someone from further injury
- ✳ Learners will input emergency telephone numbers in their city/personal cell phones
- ✳ Learners will qualify their understanding by successfully completing a written test.

Learning Objectives




You are the first responder at an accident scene.


What are you legally obligated to do?


What can you do?


What should you do?


Cal-OSHA Regulations





No Pain 

Mild 

Moderate 

Severe 

Very Severe 


Worst Pain Possible 


§3400. Medical Services and First Aid.
 (b) In the absence of an infirmary, clinic, or hospital...
 (E) employees shall be adequately trained to render first aid.


DEFINITION:


- ◆ Refers to medical attention that is typically administered immediately after an injury occurs.
- ◆ It usually consists of one-time, short-term treatment and requires minimal technology and training, such as minor cuts, treating minor burns, applying bandages, and using non-prescription medicine.


Cal-OSHA Regulations





No Pain 

Mild 

Moderate 

Severe 



Very Severe 

Worst Pain Possible 


§3400. Medical Services and First Aid.


First aid does not include:


- ➔ CPR
- ➔ AED






Cal-OSHA Regulations regarding First Aid/CPR





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Severe 

Very Severe 

Worst Pain Possible 

§3400. Medical Services and First Aid.
 (c) Thereadequate first-aid materials readily available for employees on every job.

Type of Supply Required	1 - 5
Adhesive Bandages - Various sizes	X
Adhesive tape rolls, 1-inch wide	X
Eye dressing packet	X
2-inch gauze bandage roll or compress	X
Sterile gauze pads, 2-inch square	X
Sterile gauze pads, 4-inch square	X
Triangular bandages	X
Medical exam gloves	X
Burn treatment	X
Antiseptic pads	X



AT THIS POINT SUPERVISOR ASKS ALL EMPLOYEES TO BRING IN THEIR FIRST AID KITS FOR INSPECTION & RE-STOCKING.

First Aid – What is “first aid”?
Per § 14300.7. General Recording Criteria. (b) Implementation. (k) (5) (B)



No Pain
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 Worst Pain Possible

- ✳ Using non-prescription medications
- ✳ Cleaning, flushing, or soaking wounds
- ✳ Bandages or gauze pads
- ✳ Using hot or cold therapy
- ✳ Splints, slings, neck collars, back boards



First Aid – What is “first aid”?
Per § 14300.7. General Recording Criteria. (b) Implementation. (k) (5) (B)




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 Worst Pain Possible

- ✳ Using eye patches;
- ✳ Using finger guards;
- ✳ Using massages; and,
- ✳ Drinking fluids to relieve heat stress.
- ✳ Calling 9-1-1

When you're a pirate...
 EVERY blink is a wink!



California Legal Obligations




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✳ **GOOD SAMARITAN RULE**
 ➔ From Division 2.5 of the California Health and Safety Code: New law supercedes Original Statute 1799.102

Amended Statute 1799.201
"No person who in good faith, and not for compensation, renders emergency medical or nonmedical care or assistance at the scene of an emergency shall be liable for civil damages resulting from any act or omission other than an act or omission constituting gross negligence or willful or wanton misconduct."



California Legal Obligations



☀️ Good Samaritan legislation does not cover an individual who exceeds their training level or scope of practice; nor would you be protected against gross negligence.

☀️ Always **ASK** for permission to administer first aid.



Cal-OSHA Obligations



☀️ Cal-OSHA has determined that an employee is not liable, if they choose not to render first aid; even if they are trained as the first responder.

☀️ No common law in the U.S. that states the public, outside of paid service such as law enforcement, doctors and firefighters, has a duty to rescue someone in danger.

City of Los Angeles Requirements



☀️ **CITY OF LOS ANGELES SUPERVISORS MAY BE DISCIPLINED FOR:**


- ▶️ Failure to carry out supervisory responsibility to ensure a safe work environment.
- ▶️ Failure to exercise proper supervisory oversight.
- ▶️ Failure to contact emergency medical services for an injured employee

TRAINING



First Aid – DR ABC

TRAINING




First Aid - DR ABC

- D** Danger: to you, others, casualties
- R** Response: speak to casualty, gently shake, can pinch ear lobe
- A** Airway: Is blockage in throat? Is head in suitable position (tilt head back)
- B** Breathing: Can the casualty breathe okay ?
- C** Circulation: Is there a pulse ? If not, CPR may be required (30:2 compressions to breaths)

First Aid – DR ABC


TRAINING





DANGER

♦ Survey the scene to ensure there are no hazards that may harm you

Evaluate the scene



First Aid – DR ABC

Prior to providing assistance

Always state



Your name

State: I have basic training to render first aid

Then

Ask for permission to give first aid
(If a minor seek permission from a parent or guardian)


First Aid – DR ABC

RESPONSE




➤ Is the injured person

- Ⓢ Alert
- Ⓢ Talking
- Ⓢ Responsive



➤ Treat with General First Aid

Basic Knowledge

Sterile Glove – Donning & Removal

- If sterile gloves are available they should be used for first aid procedures or when bodily fluids are present.
- If sterile gloves are not available make sure that you do not have any open sores or wounds on your hands that may come in contact with the person requiring first aid.
- If facilities are available responders should wash hands with soap and water prior to and after administering first aid.

First Aid I – Minor Injuries



No Pain


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✦ Wounds

♦ Wounds are injuries that break the skin or other body tissues.

⊕ They include cuts, scrapes, scratches, and punctured skin.




First Aid I – Minor Injuries



5 EASY TO FOLLOW STEPS IN TREATING MINOR WOUNDS

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STEP 01 **Dirt-free hands.**

Make sure to wash your hands properly to avoid getting infected and contact to any foreign contaminant. If possible, use disposable protective gloves before treating the wound.



STEP 02 **Put pressure on the affected area.**

Minor wounds are known to stop bleeding on their own. If not, application of gentle pressure would be necessary or elevate the wounded area above the level of the heart. If the bleeding continues on after a 5-minute blood flow without delay, consulting to a physician is advisable.

First Aid I – Minor Injuries



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STEP 03 **Proper cleaning of the wound.**

Wash the wound thoroughly with clear water. Clean the surrounding area with soap and wash cloth. Make sure to avoid getting soap on the wound for it may cause irritation and slow down the healing process. If the wound still has debris or dirt after washing, use a sanitizer (cleaned with alcohol) tweezers to remove the remaining particles.



STEP 04 **Apply antibiotic.**

There are over-the-counter ointment or antibiotic cream (Neosporin, polysporin) that could be used on treating the wound. Just simply put a little amount of ointment in your finger tips and gently apply it to the wound. Using antibiotic creams should be done as soon as it is needed in long-term cases. Upon using the cream, if the rashes appears on the affected, it would be best to stop using the ointment and consult a physician regarding your wound.

STEP 05 **Proper wound covering.**

A covered wound would decrease the chances of getting in contact with bacteria and any other harmful contaminants which may lead to infection. It would be best to change it once a day or whenever the bandages become wet and dirty.



TRAINING

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1st, 2nd, 3rd and 4th Degree Burns Explained

RN KID

First Aid I – Minor Injuries

TRAINING

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☀ Burns - classified based upon their depth and percentage of body burned
(ie. 2nd degree over 30% of the victim's body)

♦ **First degree**

- superficial and causes local inflammation of the skin.
- Sunburns often are categorized as first degree burns.

A photograph of a person's arm showing a first-degree burn (sunburn) with redness and some peeling skin.

First Aid I – Minor Injuries

TRAINING

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☀ **Second degree**

- deeper and in addition to the pain,
- redness and inflammation
- blistering of the skin

A photograph of a person's foot showing a second-degree burn with significant blistering and redness.

First Aid I – Minor Injuries



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First Aid for BURNS

1 Cool with running water

2 Cover the burn

3 Call emergency assistant

Burn Treatment – Minor Burns (1st & 2nd Degree)

- ♦ **Sun related burns** - Apply moisturizer, aloe vera lotion or gel, or low-dose hydrocortisone cream, which may provide relief in some cases.
- ♦ **Don't break** small blisters (no bigger than your little fingernail).
 - ⊕ If blisters break, gently clean the area with mild soap and water, apply an antibiotic ointment, and cover it with a nonstick gauze bandage.
- ♦ **Take off** any jewelry, rings, or clothing that could be in the way or that would become too tight if the skin swells.



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First Aid I – Minor Injuries





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FIRST AID FOR CHOKING

1. Cough it out
Encourage the person to keep coughing

2. Slap it out
• Give up to five sharp blows between the shoulder blades.
• Check their mouth.


3. Squeeze it out
Give up to five abdominal thrusts.

4. Call helpline
If they're still choking, Call **9-1-1** for emergency helpline.

Choking

- ♦ Choking occurs when a foreign object becomes lodged in the throat or windpipe, blocking the flow of air.
- ♦ Red Cross refers to two categories
 - ⊕ Conscious choking
 - ⊕ Unconscious choking (Covered in First Aid II)


First Aid I – Minor Injuries



Response – Conscious Choking

- ▶ If the person is choking and trying to dislodge the object encourage them to continue.
- ▶ If conscious choking is occurring, the Red Cross recommends a "five-and-five" approach to delivering first aid:
 - ⊙ Give 5 back blows. First, have the victim bend over and then deliver five back blows between the person's shoulder blades with the heel of your hand.
 - ⊙ Give 5 abdominal thrusts. Perform five abdominal thrusts (also known as the Heimlich maneuver).
 - ⊙ Alternate between 5 blows and 5 thrusts until the blockage is dislodged.
- ▶ If the person becomes unconscious call 9-1-1


First Aid I – Minor Injuries



Choking - Infants younger than 1 year:


- ▶ Hold the infant face down, with his head slightly lower than his feet. Support his jaw and head with your hand. Support his weight with your knee if you are sitting, and on your forearm if you are standing.

Place the infant stomach-down across your forearm and give five quick, forceful blows on the infant's back with heel of your hand.



- ▶ Give up to 5 blows on his upper back, between his shoulder blades. Use the heel of your free hand to do this. If you see an object come out of the infant's mouth, stop the back blows.

First Aid I – Minor Injuries



Bone – Muscle Injury

- ▶ Fractured or cracked bones
- ▶ Pulled muscles, tendons, ligaments

⊙ The injured person is able to move on their own or with some assistance. (If there is any question about the severity call 9-1-1 and don't move the injured person)

⊙ Use a cold compress or ice pack to reduce the swelling.

⊙ Transport the injured person (or they drive themselves) to the nearest First Care Facility (or emergency room).



TRAINING

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Eye Injuries

First Aid I – Minor Injuries

Eye Injury

✳️ **Cut, Scratch or Embedded Object**

dude, i think i got something in my eye.....

- ➡️ Place a gauze pad or cloth over both eyes and secure it with a bandage.
- ➡️ Do not try to remove an embedded object.
- ➡️ Get to an eye specialist or emergency room immediately.




First Aid I – Minor Injuries

Eye Injury

✳️ **Chemical**

- ➡️ Hold the eyelids apart and flush the eyeball with lukewarm water for at least 15-30 minutes. Be careful not to let runoff water flow into the other eye.
- ➡️ Place a gauze pad or cloth over both eyes and secure it with a bandage.
- ➡️ Get to an eye specialist or emergency room immediately.

When working at a plant or site that may have chemical hazards every worker should know the location of eye-wash stations





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First Aid I – Minor Injuries


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Bee Stings


✳️ The allergic reaction known as anaphylaxis occurs in 0.5% to 5% of the U.S. population as a result of insect stings.

✳️ At least 40 deaths per year result from insect sting anaphylaxis.

✳️ The majority of the insect stings in the United States come from wasps, yellow jackets, hornets and bees.

Treatment

- Remove stinger
- Wash with soap and water
- Use ice to relieve swelling/pain





First Aid I – Minor Injuries

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If a Cal-OSHA representative asks whether you have received training your response should be:



I am a designated first aid responder trained to render first aid. Here is my certification card.



Useful Information




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All BCA staff should download the Red Cross Mobile App

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html>


First Aid I – Summary



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- * A minor injury – the injured person is alert, talking, and mobile with minimal trauma to the body.
- * A minor injury – does not require emergency medical services from **9-1-1**
- * The injury does not necessitate ambulatory services but may require the victim is transported (or they transport themselves) to a First Care medical facility by a co-worker or the attending employee.

First Aid I – Statement of Compliance to §3400. Medical Services and First Aid.



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- * This presentation provides all required training in the “rendering of first aid” per §3400. Medical Services and First Aid.
- * Each employee has been assigned an appropriate first aid kit with supplies that will satisfy first aid responders per §3400. Medical Services and First Aid.

§3400. Medical Services and First Aid.
 (a) Employer shall ensure the ready availability of medical personnel for advice and consultation on matters of industrial health or injury.
 (b) In the absence of an infirmary, clinic, or hospital, in near proximity to the workplace, which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid. Training shall be equal to that of the American Red Cross or the Mine Safety and Health Administration.
 (c) There shall be adequate first-aid materials, approved by the consulting physician, readily available for employees on every job. Such materials shall be kept in a sanitary and usable condition. A frequent inspection shall be made of all first-aid materials, which shall be replenished as necessary.
