

First Aid

Regulatory Requirement References
29 CFR 1910.151

Estimated Time Required	3 hrs.
Requalification Period	3 yrs.
Pre-Requisites	CPR and AED are recommended.
Minimum # Students	6
Maximum # Students	10
Additional Course Material	N/A

Note: Timing may be reduced when combining CPR/AED and F/A due to overlaps in universal precautions and legal considerations.

General Overview

Basic First Aid is designed to provide hands-on training to employees on first aid techniques. The course includes instruction on evaluating an emergency situation, assisting emergency medical services, and liability protections for providing assistance.

Expected Outcomes

On course completion, students will be prepared for practical application of first aid for injuries and illness that may be encountered at work, home, or in daily travel. Students will receive certification from the American Safety and Health Institute on successful completion of a written exam and a skills demonstration.

Topics Covered

Determining the safe response to an emergency situation.
Recognizing and caring for life-threatening emergencies in adults
Caring for injuries
Treating sudden illnesses
Recognizing and caring for heat and cold-related emergencies

Implementation Mechanism

Training shall consist of a combination of formal instruction (e.g., lecture, discussion, video presentation, written material), hands on practical exercises and a written evaluation.

Client Supplied Items

Emergency notification and response procedures
Location and inventory of emergency response equipment
DVD Player and corresponding viewing equipment

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