

Workplace Safety

## The Need for First-Aid Training in the Workplace

Don Sears | Nov 29, 2018

**As a first line of defense for worker safety, most employers are failing terribly in first-aid training. See the data from the American Heart Association and others—including the lack of proper CPR and AED training to treat cardiac arrest.**

In 2016, there were over 5,000 deaths on the job in the U.S., *according to* the Bureau of Labor Statistics. Fatalities at work have been on a steady rise—with a 7 percent increase between 2015 and 2016. Nonfatal injuries in the workplace, however, have been on a tiny decline: In 2017, private industry employers *reported* 2.8 million injuries and illnesses, about 45,000 fewer injuries than in 2016.

Is this good news? Yes and no. The Occupational Safety and Health Administration exists to help prevent fatalities and injuries. So from that perspective, a rise in fatalities is not good news. Transportation, violence and falling on the job are three of the leading causes of death. But that is not all: There is also exposure to harmful substances and environments, fires, explosions and electricity—as well as being struck by equipment.

To help avoid preventable deaths or serious injuries that keep employees from being able to work, companies must ensure that employees are trained in first aid and that first-aid supplies are readily available. Employers must also ensure medical personnel are readily available for consultation. A 2017 study by the American Heart Association finds most companies are failing in first aid, cardiopulmonary resuscitation and automated external defibrillator training. Part of that training is knowing how to administer CPR and use AED equipment for workers showing signs of cardiac arrest. See the alarming data here in our infographic.

# The Need for First Aid Training in the Workplace

From slips and falls to being hit by objects to heart attacks—injuries on the job are an all too common occurrence. Unfortunately, data shows not enough workers have received proper training in first aid, cardiopulmonary resuscitation or in how to use automatic external defibrillator devices.

## 1 Key Statistics

Worker injury frequency: **Every 7 seconds**

2017

2.8 M nonfatal workplace injuries and illnesses  
882,790 days away from work



Top Injuries Causing Missed Days

34% from overexertion  
25% from contact with objects/equipment  
25% from slips, trips, falls

## 2 Spotlight on Heart Attacks & Cardiac Arrest

70% of heart attack deaths happen before reaching a hospital



Frequency, Knowledge and Training

10,000+ Cardiac arrests yearly.  
45% of workers trained in first aid  
50% of workers can't find an AED

Workers (Falsely) Believe:

70% of coworkers will know first aid  
66% of coworkers will know how to use an AED  
68% of coworkers will know CPR

What's an 'AED'?

An automatic external defibrillator is a device used to restore an unresponsive heart and return a natural heartbeat.

It is used if CPR fails\*.

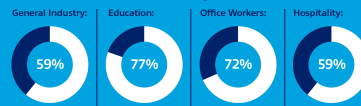
Bottom line: Not enough workers are being trained.

\*If AED use fails to regain consciousness, CPR should be tried again. Always call 911 / EMS.

## 3 First-Aid Training in the General Industry

60% strongly agree they should be trained

Percentage That Report Having Any First Aid or CPR/AED Training



## 4 First-Aid Training Deficiencies: All Industries

55% of all employees are untrained

43% say employers don't offer training

13% aren't sure if their employers offer training



Most say they only receive first aid or CPR/AED training: **Not both**

## 5 Follow the Latest First-Aid Standards

ANSI/ISEA Z308.1-2015

- Updated in 2015, effective in 2016
- Requirements for first-aid kits by class
- Specifies kit supplies by "class A" or "class B" by risk level

OSHA 29 CFR 1910.151

- Appendix A, First-aid kits (Mandatory)
- Appendix B, First-aid and CPR training (Mandatory)

"In the absence of an infirmary, clinic, or hospital in near proximity to the workplace ... a person or persons shall be adequately trained to render first aid. Adequate first aid supplies shall be readily available."

## 6 Where to Obtain First-Aid Training



SOURCES: National Safety Council, 2018; U.S. Bureau of Labor Statistics, DOL, 2018; National CPR Foundation, 2018; American Heart Association / Safety and Health Magazine, 2017

## **Spotlight on First Aid and Safety**

Here is a collection of the best articles on first aid and safety topics.

*Safety Standard Spotlight: First-Aid Kits*

*Class A Vs. Class B First-Aid Kits: Which Is Right for You?*

*3 Safety Training Courses for Becoming a Certified Safety Professional*

*Handle Bloodborne Pathogens with Care*

*OSHA Definitions of Safety Signs*

*The Evolution of the Hazard Communication Standard*

*OSHA Regulations Adopt ANSI Z535*

*10 'OSHA Top 10' Questions for a Safety Expert*

*How Often Do You Need to Replace Safety Harnesses?*

*Weathering Winter: Safety Preparation for Cold Weather Work*

*Have you been trained in first aid? If not, do you want to be? Share your comments.*

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