



Safety Scene

The Whole Kit & Caboodle

by Molly E. Butz

Keeping your first aid kit(s) in order.



The American Red Cross has a great variety of first aid kits with a detailed list of items in each kit. Check it out at www.redcrossstore.org.

Encountering a minor injury or illness is inevitable, even at the most careful companies. And whether it's a nasty paper cut or something a little more serious, the first place you're likely to turn is a first aid kit. Sometimes small and often overlooked, the first aid kit is your first (and hopefully last) line of defense against minor medical mishaps. Here's the how, what and where on keeping your company's first aid kits appropriately stocked and stashed.

Whether you're adding supplies to a previous kit or starting from scratch, begin by analyzing your various work spaces and take note of the potential hazards that are present. This analysis along with a review of your *OSHA Form 300: Log of Work-Related Injuries and Illnesses* and other safety records will help you determine the types of supplies your kit(s) should contain. This is also a good time to jot down how many kits you think you'll need and the location or locations you might store them.

Once you've scrutinized your facility for potential hazards, it's time to think about your first aid kit container and supplies. Proper containers come in all shapes and sizes, from small zip-up pouches to full-on cabinetry. However, whether you choose multiple portable kits or one large stationary cabinet, the stuff inside is what really makes a difference!

As you go through this process, keep your various options in mind. You can buy pre-made kits or make them from scratch; there are advantages to each. Pre-made kits make it easy: all the stuff you need is packaged and organized in a pre-selected container. And, if they're purchased from a local or national safety supply store, you can usually purchase a "service plan" to have them automatically reviewed and replenished at regular intervals. For these kits, keep your eye on cost (they can be pricey) and, potentially, they may lack customized contents that your operations need.

The other option is to create your own first aid kits. You'll need to spend a bit more time gathering the various pieces and assembling your kits, but you'll know they contain exactly what you need and will probably cost a bit less as well. If you've got time to do the leg work and upkeep, this might be the option for you!

Load 'Em Up

Now it's time to decide what mix of medical supplies will go in your first aid kits, whether you're buying or making them. The best place to begin is with the American National Standards Institute (ANSI) since OSHA doesn't give any specifics in their regulations. ANSI Z308.1-2003, the "Minimum Requirements for Workplace First Aid Kits," includes a modest list of first aid basics you should plan to include, see Figure 1. Some of the supplementary things recommended by ANSI Z308.1-2003 include: additional bandage compresses in various sizes, eye covers, individually packaged eye wash, roller bandages, an instant cold pack and one or more CPR barriers.

Once those things are covered, turn to your initial analysis to round-out your content. According to a 2005 **SBC** One Minute Poll, the top injury concerns for component manufacturers were splinters, cuts and lacerations. With that in mind, here are a few "industry-specific" items you'll definitely want to consider:

ANSI Z308.1-2003 – Minimum Requirements for Workplace First Aid Kits

(Basic Necessary Contents)

Absorbent compress, 32 sq. inches (no side smaller than 4 inches)	1
Adhesive bandages, 1" x 3"	16
Adhesive tape, 3/8" x 5 yards	1
Antiseptic, 0.5g application	10
Burn treatment, 0.5g application	6
Medical exam gloves	2 pair
Sterile pads, 3" x 3" minimum	4
Triangular bandage, 40" x 40" x 56" minimum	1

Figure 1.

- Tweezers for removing splinters, metal shavings
- Antibiotic cream to treat minor cuts and scraps
- Advil/Tylenol for minor aches and pains*
- Oral antihistamine for bee stings and bug bites*

Location, Location, Location

With your fully-stocked first aid kits in tow, it's time to decide where they go. Consider all of your options and keep in mind that where the kits go can be equally as important as what is inside. If your facility is relatively compact, one neutral location may be ideal, say an employee break room. For larger companies, one main first aid cabinet and several satellite kits

might be a better approach. The most important thing is to put them in places that are centrally located that people will remember. You'll also want to consider travel-size kits for your delivery vehicles.

Once you've finalized and mapped out the locations, follow up with a brief toolbox talk. Your employees will need to know where to find a first aid kit if they have a minor workplace emergency. And, they could probably use a friendly reminder to report ALL injuries and illnesses to their supervisors, no matter how minor. Safety first! **SBC**

at a glance

- ❑ Before developing a first aid kit for your operation, analyze work spaces and review your *OSHA Form 300: Log of Work-Related Injuries and Illnesses* to note potential hazards.
- ❑ Remember that where you place the kits can be as important as what you put inside.
- ❑ The most important thing is to put them in places that are centrally located that people will remember.

WHOLE-HOUSE-SAW™

Hundegger USA

THE ONLY SAW FOR COMPLETE PRODUCTION

COMPARE OUR PRODUCTION CHECKLIST WITH OTHER SAWS:

- HIGH END ARCHITECTURAL COMPONENTS
- SOLID WOOD HEADERS
- TRUSS PARTS
- WALL PARTS
- STAIR PARTS
- I-JOIST

(435) 654-3028

WWW.HUNDEGGERUSA.COM
WWW.WHOLEHOUSESAW.COM

For reader service, go to www.sbcmag.info/hundegger.htm

STRUCTURAL BUILDING COMPONENTS™

THE FUTURE OF FRAMING

www.sbcmag.info

Dear Reader:

Copyright © 2008 by Truss Publications, Inc. All rights reserved. For permission to reprint materials from **SBC Magazine**, call 608/310-6706 or email editor@sbcmag.info.

The mission of **Structural Building Components Magazine (SBC)** is to increase the knowledge of and to promote the common interests of those engaged in manufacturing and distributing of structural building components to ensure growth and continuity, and to be the information conduit by staying abreast of leading-edge issues. SBC will take a leadership role on behalf of the component industry in disseminating technical and marketplace information, and will maintain advisory committees consisting of the most knowledgeable professionals in the industry. The opinions expressed in SBC are those of the authors and those quoted solely, and are not necessarily the opinions of any affiliated association (WTCA) .



6300 Enterprise Lane • Suite 200 • Madison, WI 53719
608/310-6706 phone • 608/271-7006 fax
www.sbcmag.info • admgr@sbcmag.info