



GOOD SAFETY PRACTICES

Northern Region Safety & Occupational Health

03

March 2010

When was the last time you checked your first-aid kit!

Whether you work in an office or in the field a first aid kit is an essential piece of equipment. Headaches, indigestion, cuts and scrapes and the occasional more serious injury occur when you least expect them. Having a first aid kit on hand better prepares you and your coworkers for health and safety issues that arise.

Having a readily available first aid kit helps you manage situations when someone is injured. This is especially true if you are working far from hospitals, clinics or trained medical personnel. There are different types of first aid kits from the basic to the more complex. Which first aid kit you select should depend on your individual situation, crew size and the circumstances where you will be working.

When did you last check the contents of your first aid kit? You should do so regularly. Replace items that have expired; restock items that have been consumed.

Not having a first aid kit at your work location is risky behavior that can affect your health and safety and that of your fellow Forest Service employees. Make certain that your first aid kit meets national standards for the work you are doing and that you have enough first aid supplies for everyone in your crew.

Make sure that your first aid kit is clearly marked. It is important that your first aid kit is clearly marked and that everyone knows where it is.

Emergency contacts. Because a first aid kit is designed to treat injuries before trained medical professionals arrive on the scene, it is important to keep an up-to-date list of emergency contacts in the first aid kit.

Location, location, location. *The location of your first aid kit is one of the most important considerations to bear in mind. A first aid kit should be conveniently located for easy access. Every employee should know where the first aid kit is stored.*

Replace outdated and frequently used items that are in short supply. Some first aid items, such as medications, have an expiration date. ***It is important to check your first aid kit on a regular basis; make certain that everything is usable, up to date, and available in sufficient quantity.***



JOURNEY TO NO HARM

