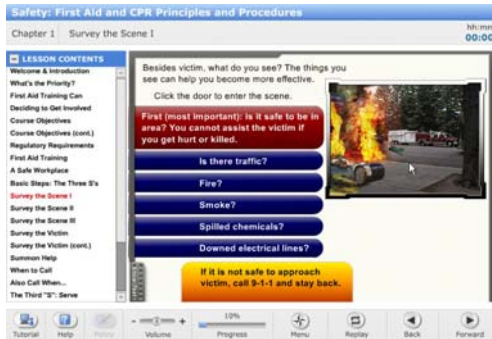


## Safety: First Aid and CPR Principles and Procedures

This course covers basic First Aid and CPR practices in the workplace. It will not provide First Aid or CPR certification. Instruction will be provided on appropriate responses to emergency situations such as bleeding, shock, burns, eye injuries, heart attack, fractures, exposure to chemicals, etc. Having completed this course, participants will be able to face emergency and first aid situations with confidence, knowing where their responsibilities begin and end.



### **Objectives:**

- Describe the "Three S's" of first aid
- Discuss personal liability and "Good Samaritan Laws"
- Explain universal precautions for bloodborne pathogens
- Describe the steps in assessing a scene and victim(s) for appropriate action
- Describe the steps in caring for a victim in shock
- Describe the steps in caring for bleeding, amputation and impalement
- Describe the steps in caring for burns, including chemical and electrical burns
- Describe the steps in caring for injuries of the bones, joints, and muscles
- Describe the steps in caring for seizures & fainting
- Describe the steps in caring for stroke and heart attack victims
- Explain the "ABC's" of first aid
- Describe the steps in caring for breathing emergencies
- Describe the steps necessary to perform CPR
- Recognize the need for additional training

**Audience:** All employees in general industry



**Primary Regulations:** OSHA 29 CFR 1910.152 [Reserved] Subpart K, Medical and First Aid; OSHA 29 CFR 1910.151, Medical Services and First Aid , Subpart K Medical and First Aid

**Related Regulations:** OSHA 29 CFR 1926.23 First aid and medical attention, Subpart C General Safety and Health Provisions; OSHA 29 CFR 1926.50 Medical services and first aid, Subpart D Occupational Health and Environmental Controls

**Duration:** 45-60 minutes



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