First Aid Safety Training Special Report



First AID 101

First aid is emergency care given immediately to an injured person. The purpose of first aid is to minimize injury and future disability. In serious cases, first aid may be necessary to keep the victim alive.

What are first aid requirements?

All Canadian jurisdictions have a requirement for the workplace to provide at least some level of first aid. The type of first aid equipment and training required depends on:

- The number of employees
- The types of hazards present in the workplace
- The travel distance to a hospital/availability of professional medical assistance

In addition, each jurisdiction will have specific requirements for reporting injuries (types, length of time to report to compensation board, details that need to be reported, etc.).

What does the legislation say?

First aid regulations will specify, in detail, your jurisdiction's requirements. These details will include:

- The need for a first aid attendant
- The availability of first aid attendant during working hours
- The level of training or certification required for the first aid attendant
- The number of first aid attendants required (during operational hours or per shift)
- The type and amount of first aid supplies and facilities (content of first aid kits and room equipment)
- The location of kits and notices (in some cases)
- Emergency transportation

- Incident documentation and reporting requirements

Legislation may also specify that first aid supplies are to be, for example:

- Stocked with required and appropriate items
- Kept clean and dry
- Checked regularly for expiry dates
- Maintained so they meet the regulations
- Requirements, at a minimum (e.g., restocked when supplies are used)
- Stored in a visible and accessible location

A list of which acts and regulations that cover first aid is available on our website. Please note that while you can see the list of legislation for free, you will need a subscription to view the actual documentation.

What should a workplace do if they choose to have additional first aid procedures available?

If an employer opts to offer additional first aid measures (including over-the-counter medications, administration of oxygen, use of epinephrine auto-injectors, naloxone, etc.), it is suggested that they first seek legal counsel so that they are aware of any liability issues, and to check with your local jurisdiction responsible for health and safety. For example, in some jurisdictions, distribution of over-

the-counter medications is not recommended (although an individual who can purchase using a vending machine may be permissible). In other jurisdictions, distribution of over-the-counter medications may be permitted under specific circumstances (including the appropriate training of first aid personnel).