

EMERGENCY  
RESPONSE

CPR / FIRST AID



# First Aid

WAC 296-800-150

## Rule

### WAC 296-800-15005

Make sure that first-aid trained personnel are available to provide quick and effective first aid

#### You must:

Comply with the first-aid training requirements of 29 CFR 1910.151(b) which states:

"In the absence of an infirmary, clinic, or hospital in near proximity to the workplace, which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first-aid."



# First Aid

WAC 296-800-150

## Rule

WAC 296-800-15020

**Make sure appropriate first-aid supplies are readily available**

### You must

- Make sure first-aid supplies are readily available.
- Make sure first-aid supplies at your workplace are appropriate to:
  - Your occupational setting.
  - The response time of your emergency medical services.



**Note:**

First-aid kits from your local retailer or safety supplier should be adequate for most nonindustrial employers.

### You must

- Make sure that first-aid supplies are:
  - Easily accessible to all your employees.
  - Stored in containers that protect them from damage, deterioration, or contamination. Containers must be clearly marked, not locked, and may be sealed.
  - Able to be moved to the location of an injured or acutely ill employee.



150-4

11/04

1 • 800 • 4BE SAFE (1 • 800 • 423 • 7233)



# First Aid

WAC 296-800-150

## Rule

### WAC 296-800-15030

**Make sure emergency washing facilities are functional and readily accessible**

#### **You must**

- Provide an emergency shower:
  - When there is potential for major portions of an employee's body to contact corrosives, strong irritants, or toxic chemicals.
  - That delivers water to cascade over the user's entire body at a minimum rate of 20 gallons (75 liters) per minute for fifteen minutes or more.
- Provide an emergency eyewash:
  - When there is potential for an employee's eyes to be exposed to corrosives, strong irritants, or toxic chemicals.
  - That irrigates and flushes both eyes simultaneously while the user holds their eyes open.
  - With an on-off valve that activates in one second or less and remains on without user assistance until intentionally turned off.
  - That delivers at least 0.4 gallons (1.5 liters) of water per minute for 15 minutes or more.



-Continued-

<http://www.lni.wa.gov/>

**150-5**

11/04

# First Aid

WAC 296-800-150

## Rule

### WAC 296-800-15030 (Continued)



**Note:**

Chemicals that require emergency washing facilities:

- You can determine whether chemicals in your workplace require emergency washing facilities by looking at the material safety data sheet (MSDS) or similar documents. The MSDS contains information about first-aid requirements and emergency flushing of skin or eyes.
- For chemicals developed in the workplace, the following resources provide information about first-aid requirements:
  - NIOSH Pocket Guide to Chemical Hazards  
\*DHHS (NIOSH) Publication No. 97-140  
\*<http://www.cdc.gov/niosh/npg/ggdstart.html>
  - Threshold Limit Values for Chemical Substances and Physical Agents American Conference of Governmental Industrial Hygienists (ACGIH)

### You must

- Make sure emergency washing facilities:
  - Are located so that it takes no more than ten seconds to reach.
  - Are kept free of obstacles blocking their use.
  - Function correctly.
  - Provide the quality and quantity of water that is satisfactory for emergency washing purposes.



**Note:**

- If water in emergency washing facilities is allowed to freeze, they won't function correctly. Precautions need to be taken to prevent this from happening.
- The travel distance to an emergency washing facility should be no more than 50 feet (15.25 meters).

-Continued-



150-6

11/04

1 • 800 • 4BE SAFE (1 • 800 • 423 • 7233)



# First Aid

WAC 296-800-150

## Rule

WAC 296-800-15035

### Inspect and activate your emergency washing facilities

#### You must

- Make sure all plumbed emergency washing facilities are inspected once a year to make sure they function correctly.



**Note:**

Inspections should include:

- Examination of the piping
- Make sure that water is available at the appropriate temperature and quality
- Activation to check that the valves and other hardware work properly
- Checking the water flow rate.

#### You must

- Make sure plumbed emergency eyewashes and hand-held drench hoses are activated weekly to check the proper functioning of the valves, hardware, and availability of water
- Make sure all self-contained eyewash equipment and personal eyewash units are inspected and maintained according to manufacturer instructions.
  - Inspections to check proper operation must be done once a year
  - Sealed personal eyewashes must be replaced after the manufacturer's expiration date.



**Note:**

Most manufacturers recommend replacing fluid in open self-contained eyewashes every 6 months. The period for sealed containers is typically 2 years.



150-8

11/04

1 • 800 • 4BE SAFE (1 • 800 • 423 • 7233)



# First Aid

WAC 296-800-150

## Rule

### WAC 296-800-15040

#### Make sure supplemental flushing equipment provides sufficient water



**Note:**

Supplemental flushing equipment can't be used in place of required emergency showers or eyewashes.

#### You must

- Make sure hand-held drench hoses deliver at least 3.0 gallons (11.4 liters) of water per minute for 15 minutes or more.



**Note:**

Why use a drench hose? A drench hose is useful when:

- The spill is small and doesn't require an emergency shower
- Used with a shower for local rinsing, particularly on the lower extremities.

#### You must

- Make sure personal eyewash equipment delivers only clean water or other medically approved eye flushing solutions.



## START HERE Checking an Unconscious Victim

### APPEARS TO BE UNCONSCIOUS

- 1** Check the scene for safety, then check the victim.



- 2** Tap the victim's shoulder and shout to see if the victim responds.

- 3** If the victim does not respond...  
Call, or have someone else call, 9-1-1 or the workplace emergency number.

- 4** Without moving the victim, look, listen, and feel for breathing for about 5 seconds.



- 5** If the victim is unconscious, but is breathing and shows signs of circulation...Place him or her in the recovery position.

- Turn the victim to the opposite side after 30 minutes or if signs of circulation to the lower arm are lost.



- 6** If the victim is not breathing or you cannot tell...  
Roll the victim onto the back, while supporting the head and neck.

**TIP:** Apply basic precautions to prevent disease transmission. Use protective equipment (disposable gloves/breathing barriers). Wash your hands immediately after giving care.




- 7** Tilt the head back and lift the chin to open the airway.  
• Look, listen, and feel for breathing for about 5 seconds.

**TIP:**  
If you suspect a head, neck, or back injury, you can use the jaw thrust maneuver. Minimize movement of the head and neck when opening the airway.



- 8** If the victim is not breathing... Give 2 rescue breaths.  
• Tilt the head back and lift the chin to open the airway.  
• Pinch the nose shut.  
• Take a breath and breathe slowly into the victim.

 If breaths do not go in...  
GO TO Unconscious Choking, Step 1.



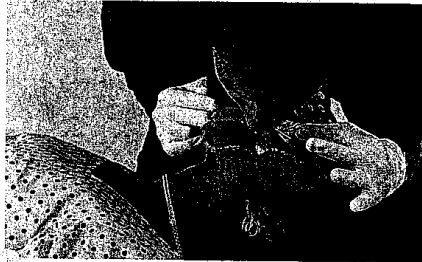
- 9** If breaths go in... Check for signs of circulation.  
• Find the Adam's apple and slide your fingers toward you and down into the groove at the side of the neck.  
• Check for signs of circulation for no more than 10 seconds.  
• Look for severe bleeding.

GO TO **Next Care Steps**



# Rescue Breathing

## NO BREATHING, SHOWS SIGNS OF CIRCULATION



If the victim shows signs of circulation but is not breathing...

### Give 1 rescue breath.

- Tilt the head back and lift the chin to open the airway.
- Pinch the nose shut.
- Take a breath and breathe slowly into the victim until the chest clearly rises.

### Continue to give 1 rescue breath about every 5 seconds.

- Do this for about 1 minute (12 breaths).



### Recheck for signs of circulation.

- Find the Adam's apple and slide your fingers toward you and down into the groove at the side of the neck.
- Check for signs of circulation and breathing for no more than 10 seconds.

If there are signs of circulation but no breathing...  
Continue Rescue Breathing.

OR



If there are no signs of circulation...  
GO TO CPR and Using An AED.

30 AND 2



Complete Steps 1-9  
Checking an Unconscious Victim.

### TIPS:

- If a breathing barrier is not available, you may give breaths without one.
- If you cannot make a tight seal over the victim's mouth, breathe into the nose instead. Make sure the victim's mouth is completely closed.
- Always recheck circulation then breathing about every minute when giving rescue breathing.

## Glossary

### ABDOMINAL THRUSTS:

A technique for unblocking a completely obstructed airway by compressing the abdomen; also called the Heimlich maneuver.

### ADAM'S APPLE:

The projection at the front of the throat formed by cartilage from the voicebox; often more prominent in men.

### AUTOMATED EXTERNAL DEFIBRILLATOR (AED):

A semiautomatic device that recognizes a heart rhythm that requires a shock and prompts a responder to deliver the shock.

### BREASTBONE:

A long, flat bone in the center of the chest that supports most of the ribs. You compress the chest on the breastbone when giving CPR.

### BREATHING BARRIER:

Equipment used to give breaths to a victim; prevents the responder from making direct contact with the victim's mouth.

### CARDIOPULMONARY RESUSCITATION (CPR):

A skill that combines giving breaths and chest compressions to a person whose breathing and heart have stopped.

### CPR CYCLE:

A cycle of CPR is 30 compressions and 2 rescue breaths.

### SIGNS OF CIRCULATION:

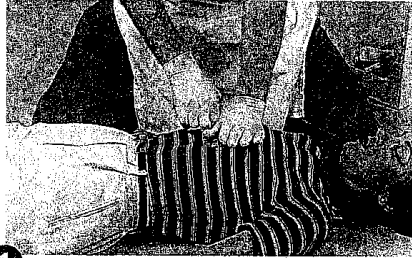
Include normal breathing, coughing or movement in response to rescue breaths, and a pulse.

# CPR

30 compressions to 2 breaths

## NO BREATHING, NO SIGNS OF CIRCULATION

Complete Steps 1-9  
Checking an Unconscious Victim.



**1** If the victim shows no signs of circulation...  
Find hand position on breastbone.

- Find notch at lower end of the breastbone and place the heel of one hand next to and above this notch.
- Place your other hand on top.



**5** Recheck for signs of circulation.

- Find the Adam's apple and slide your fingers toward you and down into the groove at the side of the neck.
- Check for signs of circulation for no more than 10 seconds.



**2** Give 30 compressions.

- Position the shoulders over the hands.
- Compress the chest about 2 inches deep.

**6** If there are signs of circulation  
but no breathing...

GO TO Rescue Breathing.

OR

If there are no signs of circulation...

Continue CPR.



**3** Give 2 rescue breaths.

- Tilt the head back and lift the chin to open the airway.
- Pinch the nose shut.
- Take a breath and breathe slowly into the victim.

**4** Do about 3 more cycles of 30 compressions  
and 2 rescue breaths.

### NOTE: Continue CPR until-

- The scene becomes unsafe.
- You can see or feel signs of circulation.
- The AED is ready to use.
- You are too exhausted to continue.
- Another trained responder arrives and takes over.

### TIPS:

- Use your body weight, not your arms, to compress the chest.
- Keep your elbows locked and fingers off the chest when giving compressions.
- Always recheck for signs of circulation every few minutes when giving CPR. 5 CPR cycles should take about 2 minutes.