

# First Aid & AED

## WHY THIS MATTERS

There are 10,000 cardiac arrests in U.S. workplaces every year (OSHA). For every minute without CPR or defibrillation, survival drops 7-10%. An AED used within the first minute gives a 90% chance of survival — but only 50% of workers even know where the AED is located (AHA). OSHA 29 CFR 1910.151 requires adequate first aid when medical facilities are not in near proximity.

**10,000**

Workplace cardiac arrests per year in the U.S. (OSHA)

**7-10%**

Survival drops per minute without CPR/AED

**90%**

Survival when AED is used within first minute

## 5 Rules for First Aid & AED Readiness

Every worker should know these life-saving basics:

- 1 KNOW WHERE THE AED IS**  
Locate every AED on your site today. If you don't know where it is, you can't use it in time.
- 2 CALL 911 FIRST**  
Always call emergency services immediately — then start CPR. Do not delay the call.
- 3 START CPR — PUSH HARD AND FAST**  
30 compressions, 2 breaths. Push at least 2 inches deep, 100-120 per minute. Don't stop.
- 4 USE THE AED — IT GUIDES YOU**  
Turn it on, apply pads, follow voice prompts. The AED will not shock unless needed.
- 5 KEEP FIRST AID KITS STOCKED**  
Check kits monthly — replace used or expired items. Ensure gloves, bandages, CPR mask are in stock.

## Before You Start — Quick Checklist

- Do you know where the nearest AED is located?
- Is the AED charged and pads within expiration date?
- Is the first-aid kit stocked and accessible?
- Do you know how to perform CPR?
- Do you know the emergency number and address of this site?
- Is at least one person on shift trained in first aid/CPR?

## The Chain of Survival — Every Link Matters

- 1. Recognize & Call:** Recognize cardiac arrest — unresponsive, no pulse, no normal breathing. Call 911 immediately.
  - 2. Early CPR:** Start chest compressions immediately. Push hard (2 in / 5 cm), push fast (100-120/min). Don't stop.
  - 3. Early Defibrillation:** Apply AED as soon as available. Follow voice prompts. The AED analyzes and shocks only if needed.
  - 4. EMS Arrival:** Professional paramedics take over. Give them a clear report: what happened, when, what you did.
- First-Aid Kit Basics:** Gloves, bandages, gauze, CPR mask, antiseptic, burn gel, eye wash, scissors, tape — check monthly.
- Good Samaritan Laws:** All U.S. states have laws protecting people who use an AED in good faith. No lawsuits for AED use.

### Common Mistakes That Cost Lives

- ✗ Not knowing where the AED is — seconds count, and searching wastes them
- ✗ Waiting for EMS instead of starting CPR — brain damage begins in 4-6 minutes
- ✗ Being afraid to use the AED — it cannot shock someone who doesn't need it
- ✗ Stopping CPR too soon — keep going until EMS arrives or the person responds

### Safety Tips to Remember

- ✓ Walk to your nearest AED today and memorize its location — you may need it tomorrow
- ✓ CPR is better than no CPR — even imperfect compressions save lives
- ✓ AEDs are designed for untrained users — voice prompts guide you through every step
- ✓ Check the AED monthly — make sure battery is charged and pads are not expired

## Discussion Questions for Your Team

1. Can you point to the nearest AED on our site right now?
2. When was the last time our AED was inspected?
3. Who on our team is currently trained in CPR and first aid?
4. Do you know the exact address of this worksite for a 911 call?
5. Would you feel confident performing CPR if someone collapsed today?

### TOOLBOX TALK SIGN-OFF

Date: \_\_\_\_\_

Supervisor: \_\_\_\_\_

Project: \_\_\_\_\_

Location: \_\_\_\_\_

Attendance sheet attached: [ ] Yes