

First Aid

PURPOSE

The purpose of the First Aid program is to be able to have employees trained to provide immediate and effective attention should an injury occur.

PROCEDURE

Advanced Excavating Specialists and Five Rivers Construction will ensure that certified first aider(s) will be available to meet the above objectives, the following procedures will be followed:

- Supervisors will be first aid trained unless their duties require them to be away from the jobsite. If so, other persons who are certified in first aid will be designated as the recognized first aider.
- Other persons will be trained in order to augment or surpass the standard requirements.
- Valid first aid cards are recognized as ones that include both first aid and cardiopulmonary resuscitation (CPR) and have not reached the expiration date.
- All first aid training will be conducted by a third party, licensed in the training of both CPR and First Aid, equivalent to that of the American Red Cross. This training will be conducted annually.
- In the absence of medical assistance within 3-4 minutes of the worksite and employee who has a valid certificate in first aid training, the American Red Cross or equivalent shall be available at work sites to render emergency first aid.
- Proper equipment for prompt transportation of the injured person to a physician or hospital, or a communication system for contacting necessary ambulance services shall be provided.
- In areas where 911 is not available, the telephone numbers of the physicians, hospitals, or ambulances shall be conspicuously posted.

First Aid training, kits, and procedures will be available when required and in accordance with the requirements of the general safety and health standards (WAC 296-800)

- First aid kit locations at the jobsites include:
 - Supervisor Work Vehicle
- Advanced Excavating Specialists and Five Rivers Construction are designated to ensure that the first aid kits are properly maintained and stocked, consisting of appropriate items which will be adequate for the environment in which they are used. For Construction operations, items shall be stored in a weatherproof container with individual sealed packages of each type of item.

ADVANCED EXCAVATING SPECIALISTS, LLC (AES)
FIVE RIVERS CONSTRUCTION (FRC)

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- Advanced Excavating Specialists and Five Rivers Construction will ensure the availability of adequate first-aid supplies, and periodically reassess the demand for supplies and adjust their inventories. For construction operations, first aid kits shall be checked before being sent out to each job and at least weekly.
- Suitable facilities shall be provided within the work area where the eyes or body of any person may be exposed to injurious corrosive materials, strong irritants, or toxic chemicals.

We have first aid qualified workers who will be trained at the time of initial assignment & annual training for all employees. First aid at the job site is done on a Good Samaritan basis.

OSHA requires that all employers that can “reasonably anticipate exposure” of employees to infectious material to prepare and implement a written exposure control plan as detailed below. All forms and company procedures for exposure control can be found in the Bloodborne Pathogens Program.

If first aid trained personnel are involved in a situation involving blood or other potentially infectious materials, they should:

- Avoid skin contact with blood/other potentially infectious materials by letting the victim help as much as possible, and by using gloves provided in the first aid kit.
- Remove clothing, bandages, etc. with blood on it after rendering help and place them in leak proof bags/containers for handling, storage and transport.
- Wash thoroughly with soap and water to remove blood. A 10% chlorine bleach solution is good for disinfecting areas contaminated with blood (spills, etc.). If hand washing facilities are not feasible, an appropriate antiseptic hand cleanser in conjunction with cloth/paper towels or antiseptic towelettes will be provided.
- Report such first aid incidents within the shift to supervisors (time, date, flood presence, exposure, names of others helping).
- All employees that may encounter occupational exposure participate in a training program.
- Exposure determinations will be done on a per job basis per employee. Adequate situational safety measures and training will be enforced at that time. Exposure determinations will be made without regard of personal protective equipment.
- In some circumstances the differential between body fluids is difficult or impossible to identify, therefore all body fluids will be considered potentially infectious.
- Copies of the Exposure Control Plan are accessible to employees in accordance with 29 CFR 1910.1020(e). Employee occupational exposure records will be in accordance with CFR 1910.1020. Training records will be kept for 3 years and employee medical records for the duration of employment plus 30 years. Records shall be made available upon

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request and transfer of records shall be in compliance with 29 CFR 1910.1020(h) if Advanced Excavating Specialists or Five Rivers Construction ceases to do business.

- When the possibility of occupational exposure is present, PPE is to be provided at no cost to the employee such as gloves, gowns, etc. PPE shall be used unless Advanced Excavating Specialists and Five Rivers Construction supervisions shows that employees temporarily declined to use PPE under rare circumstances. Advanced Excavating Specialists and Five Rivers Construction will ensure that appropriate PPE in the appropriate sizes is readily accessible. PPE should be cleaned, laundered & properly disposed. The employer shall repair & replace PPE as needed to maintain its effectiveness.
- Advanced Excavating Specialists and Five Rivers Construction will make available the hepatitis B vaccine to all employees that have occupational exposure at no cost to the employees.
- All equipment or environmental surfaces shall be cleaned & decontaminated after contact with blood or other infectious materials.