

Safety Saves

With spring here or just around the corner it's that time of year to start getting all your stuff ready for the next logging season. One very important thing to go through and check is your first aid kits. Below is the minimum OSHA standard for a first aid kit; the MLA sells a "trauma kit" that has a few extra goodies which we will talk about below.

"The following list sets forth the minimally acceptable number and type of first-aid supplies for first-aid kits required under paragraph (d)(2) of the logging standard. The contents of the first-aid kit listed should be adequate for small work sites, consisting of approximately two to three employees. When larger operations or multiple operations are being conducted at the same location, additional first-aid kits should be provided at the work site or additional quantities of supplies should be included in the first-aid kits":

1. Gauze pads (at least 4 x 4 inches).
2. Two large gauze pads (at least 8 x 10 inches).
3. Box adhesive bandages (band-aids).
4. One package gauze roller bandage at least 2 inches wide.
5. Two triangular bandages.
6. Wound cleaning agent such as sealed moistened towelettes.
7. Scissors.
8. At least one blanket.
9. Tweezers.
10. Adhesive tape.
11. Latex gloves.
12. Resuscitation equipment such as resuscitation bag, airway, or pocket mask.
13. Two elastic wraps.
14. Splint.
15. Directions for requesting emergency assistance.

[59 FR 51672, Oct. 12, 1994; 60 FR 47022, Sept. 8, 1995]

After attending the Stop the Bleed class, we have also started including tourniquets in our trauma packs. This class is endorsed by the American College of Surgeons. Through advancements in trauma medicine in part from the wars in Afghanistan and Iraq they have come up with a new ABCs of bleeding: A- Alert; Call 911. B- Bleeding- find the bleeding injury. C- Compress; with a direct pressure on the wound if deadly bleeding pack the wound with gauze or a clean cloth and then compress with both hands. If deadly bleeding on arm or leg apply a tourniquet. What they have found is that this is the most effective lifesaving way to stop the bleed and save a life. With medical advancements they are most times able to save the affected limb as well; they really want you to write the time down on the tourniquet so they know how long it has been on. This greatly helps them do the right things to save the limb that the tourniquet was applied to. In our world with many remote work sites it only makes sense to include this lifesaving tool.

First Aid kits are an important part of maintaining a safe logging operation. We are required to have yearly first aid training for employees and have first aid kits that meet the above requirements on each active landing. These two issues continue to be some of the most frequent OSHA citations in our industry. That being said the more pressing issue than OSHA is to have the proper tools and training to deal with a medical emergency that could happen on your job. It could save a life; maybe yours.

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