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Is Your Worksite an OSHA Best Practice?



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Is Your Business Prepared...



For a workplace injury?

- Burns, cuts
- Broken bones
- Heart attacks
- Choking



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Is Your Business Prepared...



The American Red Cross Can Help!

Our Mission: The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disaster and **help people prevent, prepare for and respond to emergencies.**



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Complete Safety Training Program



1. Make a Plan

- Basic emergency preparedness for all employees
- Business continuity planning
- Contact local emergency management (OSHA, FEMA)

2. Build a Kit

- First aid and disaster preparedness supplies
- Automated external defibrillators

3. Get Trained

- First aid, CPR, AED, Bloodborne Pathogens, Emergency Preparedness



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Today's Objectives



- 1) To help you interpret and meet OSHA Standards related to First Aid, Bloodborne Pathogens and Emergency Preparedness in the workplace.
- 2) To give you the inspiration and tools needed to begin and/or revisit the process of preparing for an emergency in the workplace and for helping your employees learn skills to respond when an emergency happens.



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Today's Agenda



- Is Your Worksite an OSHA Best Practice?
- What You Need to Know about OSHA Compliance
- How the Red Cross Can Help You Build a Safety Program
- Hands-On Training Exercise
- Where to Start



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In Alliance to Save Lives - OSHA & American Red Cross



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In Alliance to Save Lives



- OSHA and the American Red Cross share a common goal—keeping American workers safe and healthy
- In an Alliance signed between the two organizations, OSHA and the Red Cross work together to help prepare employers and their employees to respond to disasters, life-threatening injuries and emergencies



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OSHA Compliance



Is My Workplace Impacted by OSHA? Yes!

- In 1970, Congress passed the Occupational Safety and Health Act (OSH Act) to assure safe and healthy working conditions for workers
- The MOSH Act covers all employees, including public employees in state and local governments



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The True Cost of Emergencies



According to 2004 Data from the Department of Labor Statistics:

- 5,800 people died from workplace injuries
 - 105 died in Maryland in 2006
- 4.3 million workers suffered non-fatal injuries
 - 4.5 per 100 full time workers in 2005
- Illness and injuries cost U.S. businesses more than \$125 billion



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Health & Safety Training ROI



OSHA cites several studies that have shown a **\$4 to \$6 return** for every dollar invested in health and safety, with improvements in costs associated with absenteeism, Workers' Compensation claims and productivity.



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OSHA Best Practices: Fundamentals of a Workplace First Aid Program



Basic Elements of a First Aid Program



- Identification of workplace hazards
 - Review OSHA 300 logs
 - Review Worker's Compensation claims
 - Review Bureau of Labor Statistics (BLS) data for similar industries
- Design and implementation of program
 - Obtain estimate of EMS response times
 - Extent of supplies and training should reflect response time
- Training of first aid providers
- Routine evaluation of program



OSHA Best Practices



- Recommendations for First Aid/CPR Training:**
- Instructor-led retraining for life-threatening emergencies should occur at least annually
 - Retraining for non-life-threatening response should occur periodically
 - Skills review and practice sessions should occur at least every six months



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OSHA Best Practices



First Aid/CPR Training Should:

- Be up to date with current first aid techniques and knowledge
- Include hands-on skills practice through use of manikins and partner practice
- Include instructor observation of acquired skills and written performance assessments



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OSHA Best Practices



OSHA Recommends AEDs in the Workplace:

- Survival related to response time
- All worksites are candidates for AED programs
- AED programs should be comprehensive
 - Physician oversight
 - Compliance with local, state and federal laws
 - Adequate training
 - Quality assurance program



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OSHA Best Practices



AEDs Save Lives!

- 13% of workplace fatalities reported to OSHA in 1999 and 2000 were due to sudden cardiac arrest
- Immediate use of an AED with CPR could save up to 50,000 lives a year
- With each minute of elapsed time, the chance of survival decreases 10%



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OSHA Compliance



OSHA Compliance for First Aid



OSHA Standard Number 29 CFR 1926.50

- (a) Employer shall ensure the ready availability of medical personnel for advice and consultation on matters of occupational health
- (b) Provisions shall be made prior to the commencement of the project for prompt medical attention in case of serious injury
- (c) In the absence of an infirmary, clinic, hospital or physician that is reasonably accessible in terms of time and distance to the worksite, which is available for the treatment of injured employees, a person who has a valid certificate in first aid training from the US Bureau of Mines, the American Red Cross, or equivalent training that can be verified by documentary evidence, shall be available at the worksite to render first aid.

OSHA Compliance for First Aid



29 CFR 1926.50 (continued)

- (d) First aid supplies shall be easily accessible.
Contents of first aid kits shall be placed in a waterproof container with individual sealed packages for each type of item, and shall be checked by the employer before being sent out on each job and at least weekly on each job.
- (e) Proper equipment for prompt transportation of the injured person to a physician or hospital, or a communication system for contacting necessary ambulance, service shall be provided.
- (f) Where the eyes or body of any person may be exposed to injurious corrosive materials, suitable facilities for quick drenching or flushing shall be provided within the work area for immediate emergency use.

Defining Near Proximity



Part (c) of the Standard says that employees must be trained in first aid in the absence of an infirmary, clinic, physician or hospital in near proximity to the workplace. How would you define near proximity?

- A. 1 - 2 minutes
- B. 3 - 4 minutes
- C. 5 - 6 minutes
- D. 7 - 8 minutes



Defining Near Proximity



OSHA Letter of Interpretation states:

“In areas where accidents resulting in suffocation, severe bleeding, or other life-threatening injury or illness can reasonably be expected, a 3 to 4 minute response time, from time of injury to time of administering first aid, is required. In other circumstances, i.e., where a life-threatening injury is an unlikely outcome of an accident, a 15-minute response time is acceptable.” (*OSHA Standards Interpretation and Compliance Letters, 11/19/1992*).



Defining Near Proximity



More recent Letter of Interpretation (4/18/2002):

“However, as an employer would not know in advance what type of injury will occur, a 3 - 4 minute (life-threatening) time frame is recommended for all emergencies.”



Defining Near Proximity



“But, I’m right across the street from the Fire Dept....”

- Recognize emergency 30 sec
- Get to a telephone 30 sec
- Call 9-1-1, give info 45 sec
- 9-1-1 dispatches info 15 sec
- EMS receives info, gets vehicle 30 sec
- Travel time 1 minute
- EMS arrives, unloads/gets gear 1 minute
- EMS evaluates person 30 sec
- **Total response time: 5 minutes**
- **Total response time w/out travel: 4 minutes**

Note: Data from EMS in Flint, MI



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First Aid Supplies



- First aid supplies must be adequate and readily available, but there is no OSHA requirement regarding the types of supplies you must have
- Minimal requirements: ANSI Z308.1
- Contents should reflect workplace hazards
- Individual responsible for maintaining
- Periodically reassess
- 29 CFR 1926. 50 Appendix A (non-mandatory)



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Bloodborne Pathogens



29 CFR 1910.1030:

Covers ALL “occupational exposure” to blood or “other potentially infectious materials”

Defining “Occupational Exposure:”

Reasonably anticipated skin, eye, mucous membrane, or parenteral contact with blood or other potentially infectious materials (OPIM) that may result from the performance of an employee’s duties



Bloodborne Pathogens



OSHA Interpretation:

29 CFR 1910.1030 does not apply to construction

However

29 CFR 1926.21 (b)(2)

29 CFR 1926.25 (c)

Maryland L&E Article 5-104

Do Apply – Why?



Emergency Preparedness



- OSHA regulations for emergency preparedness vary by industry type and facility size. See **Standard Title 29, Part 1926, OSHA Construction Standard, Section 1926.35 (Emergency Action Plans)**
- If you are required to have a plan, “It must be in writing, kept in the workplace, and be available to employees for review”



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Emergency Preparedness



Minimum elements of a plan include procedures for:

- Reporting a fire or other emergency
- Emergency evacuation including exit route assignments
- Employees who remain to operate critical functions before they evacuate
- Accounting for all employees during an evacuation
- Employees who must perform rescues or medical duties



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OSHA Resources



OSHA Letters of Interpretation

OSHA Compliance Directives

- Bloodborne Pathogens (CPL 02-02-069)
- Emergency Action Plans (CPL 02-01-037)

OSHA and State Plan Consultation Programs

- MOSH Consultation: (410) 537-4500



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OSHA Resources



Safety and Health Topics Pages:

OSHA Web page: <http://www.osha.gov/>

OSHA Bloodborne Pathogens Web page:

<http://www.osha.gov/SLTC/bloodbornepathogens/index.html>

OSHA's Recordkeeping Web page:

<http://www.osha.gov/recordkeeping/index.html>

OSHA Hotline 1-800-321-OSHA

MOSH Hotline 1-888-257- MOSH



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Questions and Answers with OSHA



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American Red Cross Solutions



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How the Red Cross Can Help



American Red Cross training can help your business meet OSHA's Best Practices recommendations, as well as its Standards for:

- First Aid Training
- Bloodborne Pathogens
- Emergency Preparedness



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How the Red Cross Can Help



The Red Cross offers a wide range of training options:

- CPR/AED (lay responder and professional rescuer)
- First Aid
- Bloodborne Pathogens Training
- Administering Emergency Oxygen
- **These classes meet MOSH Standards and Best Practices for First Aid Training**



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New First Aid/CPR/AED Program



The newly revised First Aid/CPR/AED program:

- Has been updated with the latest science for first aid, CPR and emergency cardiovascular care
- Features a wealth of educational innovations designed to enhance the learning experience of employees
- **Meets all OSHA Standards and Best Practices for First Aid Training**



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New First Aid/CPR/AED Program



Customize Training to Your Audience:

- The First Aid/CPR/AED training products such as DVDs and participant materials are tailored for a workplace or school/community environment
- Modular program design allows you to select only the training your employees need



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Educational Innovations



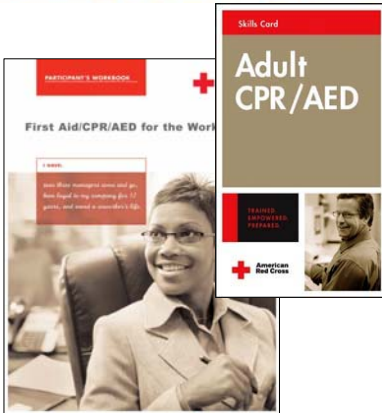
Make Learning CPR Skills More Engaging:

- New “practice-while-you-watch” video instructional method allows students to practice skills along with the video and gives instructors more time to provide individual guidance to students



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New First Aid/CPR/AED Program



New Participant Materials:

- Feature easy-to-read instructions and full-color photographs that present complex skills in a step-by-step manner
- Serve as excellent refresher and reference tools after training



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Educational Innovations



New First Aid Skills Card now includes skills for even more emergencies:

- Severe allergic reactions
- Asthma
- Seizure
- Poisoning
- Shock
- Stroke



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Streamlined Instructor Products



First Aid/CPR/AED for the Workplace, Schools and the Community Instructor's Manual:

- A new combined instructor's manual means that instructors can teach both courses from one manual
- The streamlined manual easily differentiates content for various training combinations (adult, child and infant CPR; adult and child AED; first aid) and various participant materials (Workplace; Schools and the Community)



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Adult CPR



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Course Options from the American Red Cross



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Course Options



Standard First Aid with CPR—Adult

Certification: First Aid - 3 yrs, Adult CPR - 1 yr

Length: 6.5 hours

- Recognize emergencies and call for help
- Care for wounds, bone and soft-tissue injuries, head and spinal injuries, burns, and heat and cold emergencies
- Manage sudden illness, stroke, seizure, poisoning
- Perform Adult CPR – breathing, cardiac emergencies
- Minimize shock



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Course Options



Standard First Aid with CPR/AED—Adult

Certification: First Aid - 3 yrs, Adult CPR/AED - 1 yr

Length: 7.5 hours

- Same as Standard First Aid, plus
 - Use an AED safely on a victim of cardiac arrest
 - Hands-on AED simulation



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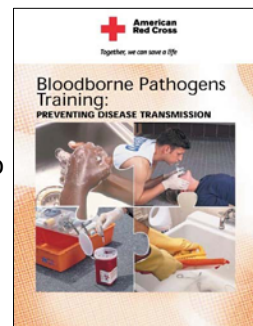
Course Options



Bloodborne Pathogens: Preventing Disease Transmission:

Two-hour course complies with the training component of OSHA's Bloodborne Pathogens Standard and gives employees vital information to manage a potential exposure to an infectious disease, including:

- How bloodborne pathogens are spread
- How to prevent exposures
- What to do if exposed to infectious materials



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Additional Resources



The Red Cross Can Help You Develop a Workplace AED Program:

- Training employees
- Facilitating an AED purchase
- Reviewing emergency procedures



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Additional Resources



A variety of First Aid and Emergency Preparedness Kits are available through your local Red Cross chapter. Our first aid kits will help you meet OSHA's requirement for having readily available and accessible first aid supplies.



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It's Time for American Red Cross Health and Safety Training



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It's Time for Red Cross Training



Training for All Levels and Audiences:

1. Lay responder courses to meet OSHA requirements
2. Advanced training for first responders



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It's Time for Red Cross Training



Flexible Delivery Methods:

- Full Service – available 24/7 at your location
- Authorized Provider – train-the-trainer
- Community Classes – at a chapter location
- Blended Learning – online and instructor led skill session

You can **mix and match** these as needed



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It's Time for Red Cross Training



Superior Features and Benefits:

- Meets OSHA Standards
- Emphasis on emergency preparedness
- Modular program for maximum flexibility
- Superior teaching tools and support for instructors
- Courses developed by experts
- Localized resources with consistency nationwide
- Training supports your local Red Cross chapter



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It's Time for Red Cross Training



National Account Network:

- Provide standardized training for companies with multiple locations or operations in different states
- Coordinate training, billing and record keeping through one point of contact with the Red Cross for locations in the U.S. and Canada
- Customized administrative support to meet your organization's unique needs



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It's Time for Red Cross Training



Thank you for your time today.

Questions?

