

## OSHA Defined

- **Near Proximity** - In areas where life-threatening injury or illness can be expected, "near proximity" is interpreted as the ability to respond and start to administer first aid within 3 to 4 minutes.

### **Safe Workforce Development & The American Heart Assoc.**

SWD is proud to partner with, and offer certification classes through the American Heart Association, the gold standard in cardiac care and research. Training classes can be held at your facility or ours, and can include:

- Adult, child, & infant CPR
- Adult, child, & infant AED
- Conscious and Unconscious choking
- First Aid
- Blood Borne Pathogen

Although it is not an OSHA requirement that employers provide CPR training, OSHA's "Guidelines for First Aid Training Programs" recommends that CPR training be a general program element of a first aid program.

#### Resources:

OSHA 1910.151  
OSHA 1910.151 and 151(b)  
- (LOI 4/15/99)



## OSHA & CPR What Is The Requirement?

### **Do Your Employees Know What To Do In a Cardiac Emergency?**

If you were to find an unconscious person passed out on the floor, what would be the first thing you do? Hopefully, calling 911 was NOT your answer. It may initially sound selfish, but the first thing you should do is check the scene for safety. Check – check – call – care. If you've had first aid or CPR training before, then you are already familiar with these action steps. But, what does OSHA say about requiring CPR and First Aid training in the workplace?

The official answer, surprisingly, is not much. They require that a hospital or clinic be in "near proximity" to treat a severely injured employee. Absent this, someone must be trained and available to administer First Aid.

But, what about CPR? Per OSHA, *"Although it is not an OSHA requirement that employers provide Cardiopulmonary Resuscitation (CPR) training, OSHA's "Guidelines for First Aid Training Programs" recommends that CPR training be a general program element of a first aid program."*

Now, let's get back to our action steps: check, check, call, care.

**Check the scene** – Always check the scene and ensure that is safe before attending to the victim. For example, have they been a victim of electrical shock or a toxic atmosphere? It does them no good if you rush in, and become a victim yourself.

**Check the victim** – Assuming the scene is safe, approach the victim and determine their responsiveness. Are they conscious? Are they breathing? Do they have a pulse?

**Call for help** – Depending on the scene and the victim's status, activate the emergency response system and call for additional help.

**Care for the victim** – Once additional help has been summoned, begin caring for the victim to the best of your training.

CPR and First Aid training are critical components in an emergency situation. Knowing how to administer them can mean the difference between someone who survives an accident, and someone who doesn't.

**Contact Safe Workforce today  
for your safety and training needs!**