

First Aid Plan – Construction

J.A. Rosa Construction, LLC

1.0 Purpose

This plan outlines the procedures, resources, and responsibilities for providing immediate medical assistance to workers who are injured or become ill on the construction site. The goal is to reduce the severity of injuries and ensure timely professional medical care.

Rosa first responders and all other employees should become familiar with the plan prior to onsite activities.

2. Roles and Responsibilities

- **Site Manager/Supervisor:** Ensure compliance with safety regulations, maintain first aid supplies, and coordinate training.
- **Designated First Responders:** Provide immediate care within the scope of their training until emergency services arrive.
- **All Workers:** Report incidents promptly and follow established safety and reporting procedures. Provide evidentiary information during incident investigation.

3. First Aid Personnel

- We will provide at least one trained first responder for every 25 workers on-site.
- The following personnel are trained and certified by the Red Cross in CPR, bleeding control, fracture management, burn care, and shock treatment:

Ben Ulrich	James Sita
Chris Lavorgna	Shayne Kean
Joe Sukatski	James Benway

At a minimum, one of these employees will be on the work site to render aid in the absence of a clinic, or hospital near the work site. A work vehicle will be available to transport injured workers to a health care facility if necessary.

- Red Cross Certifications are renewed every two years or as required. All our employees are welcome to learn and obtain certification in First Aid. Assessment of successful completion of the first-aid training program included instructor observation of acquired skills and written performance assessments.

4. Key Elements

Our program elements are: 1. Teaching Methods Training programs should incorporate the following principles: Basing the curriculum on a consensus of scientific evidence where available.

- A. Having trainees develop “hands-on” skills.
- B. Having appropriate first-aid supplies and equipment available.
- C. Emphasizing quick response to first-aid situations.

5. First Aid Kits and Equipment

- **Placement:** Kits must be clearly marked, easily accessible, and protected from weather. If placed inside a work vehicle, the location must be marked on the exterior of the vehicles and be made known to all affected employees.
- The minimal contents of the first aid kit are described in American National Standards Institute ANSI Z308.1 - 2003, Minimum Requirements for Workplace First Aid Kits. Kits should be inspected prior to the job and weekly thereafter.

Minimum Contents:

- Adhesive Bandages,
- Sterile Gauze Pads,
- Adhesive Tape
- Antiseptic Wipes,
- Burn Dressings,
- Cold Packs
- Elastic And Triangular Bandages,
- Splints
- Scissors,
- Tweezers,
- Disposable Gloves,
- CPR Mask
- Emergency Blanket,
- Eye Wash Solution

A portable Eye Wash station will be set up in the main gathering location.

Additional Equipment: An Automated External Defibrillator (AED) may be included as an extra tool if it is recommended.

6. Emergency Response Procedures

1. **Ensure the scene is safe** before approaching the injured person and review the surrounding area for unforeseen hazards or hidden dangers.
2. **Contact emergency services** (911) immediately for serious injuries.
3. **Administer first aid** according to what is necessary but no more than training limits.

4. **Have an available employee guide emergency responders** to the injured person's location

5. **Verify injuries are secured.**

4. **Record the incident** in the site's accident log.

6.1 Responding to Life-Threatening Emergencies: Establish responsiveness; Establish and maintaining an open and clear airway; Performing rescue breathing; Treating airway obstruction in a conscious victim; Performing CPR; Using an AED; Recognizing the signs and symptoms of shock and providing first aid for shock due to illness or injury; Assessing and treating a victim who has an unexplained change in level of consciousness or sudden illness; Controlling bleeding with direct pressure

6.2 Responding to Non-Life-Threatening Emergencies: Wounds • First aid for wounds including abrasions, cuts, lacerations, punctures, avulsions, amputations and crush injuries; Consider universal precautions and use of personal protective equipment.

- 1) Burns • Assessing the severity of a burn; Recognizing whether a burn is thermal, electrical, or chemical and the appropriate first aid.
- 2) Corrosive Chemicals • Reviewing corrosive chemicals at a specific worksite, along with appropriate first aid.
- 3) Temperature Extremes • Exposure to cold, including frostbite and hypothermia; Exposure to heat, including heat cramps, heat exhaustion and heat stroke.
- 4) Musculoskeletal Injuries • Fractures; • Sprains, strains, contusions and cramps.
- 5) Head, neck, back and spinal injuries.
- 6) Appropriate handling of amputated body parts.
- 7) Eye injuries • First aid for eye injuries

7. Communication Protocols

- Emergency contact numbers and the site address will be posted in visible location in multiple visible locations and central to the main work area.
- Ensure all workers know the location of first aid kits and the identities of trained first aiders.

8. Incident Review and Continuous Improvement

- Investigate each incident to determine root causes.
- Update safety measures, training, and equipment based on findings.