

## Take First Aid/CPR training!

Most injuries and illnesses may not require life-saving efforts but recognizing a serious medical emergency, knowing how to get help, and how to properly apply first aid may mean the difference between life and death. First Aid/CPR classes may be found by calling your local fire department, hospital or American Red Cross branch.

## References

The American National Red Cross provides first aid courses and also sells safety booklets:

[www.redcross.org/take-a-class/program-highlights/cpr-first-aid](http://www.redcross.org/take-a-class/program-highlights/cpr-first-aid)

The Occupational Safety and Health Administration (OSHA) has a guide for workplace first aid program:

[www.osha.gov/Publications/OSHA3317first-aid.pdf](http://www.osha.gov/Publications/OSHA3317first-aid.pdf)

The National Institute for Occupational Safety and Health (NIOSH) has a pocket guide to first aid response after chemical exposures:

[www.cdc.gov/niosh/npg/firstaid.html](http://www.cdc.gov/niosh/npg/firstaid.html)

For More Information about the AIC Health and Safety Committee, publications, and resources please visit our website:

[www.conservation-us.org/healthandsafety](http://www.conservation-us.org/healthandsafety)

## About the Health & Safety Committee

The H&S Committee provides educational and technical information to the AIC membership to increase knowledge of safety hazards and general health issues related to the conservation profession. It offer information through lectures, workshops, displays, AIC's publications, AIC's website, and other electronic and print media. It also addresses health and safety issues of concern to the AIC membership by maintaining current information through research, by collaboration with health and safety professionals and with other health and safety organizations, and, periodically, by statistically valid surveys, the results of which will facilitate establishing priorities.

**Contact the H&S Committee via email at [HealthandSafety@conservation-us.org](mailto:HealthandSafety@conservation-us.org).**

## About AIC

The American Institute for Conservation of Historic & Artistic Works (AIC) is the national membership organization supporting conservation professionals in preserving cultural heritage by establishing and upholding professional standards, promoting research and publications, providing educational opportunities, and fostering the exchange of knowledge among conservators, allied professionals, and the public.

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# Supplying Your First Aid Kit



*presented by the*

**AIC Health & Safety  
Committee**

## First Aid Kits

Have you and your coworkers examined your first aid kit recently? Do you know where it is? Have you checked the contents? What's there? What's missing? What's out of date? Would you want it used on your body? Do you know how to use the contents properly? Is anyone in your lab allergic to any of the contents?

Fire extinguishers are checked every month. You also should check your first aid kit every month. Pay special attention to expiration dates.

The first aid kit should contain everything you need to bandage a wound, control bleeding, treat a burn, create a sling to support a fracture, and address other medical emergencies. It should have information regarding first aid measures.

CPR is part of first aid; administering CPR or using AED devices (automated external defibrillators) requires special training. See our resource page for information about local classes.

## American National Standards Institute recommends the following for your first aid kit.

### Most suppliers should have these in their first aid kit:

- 1 First Aid Guide
- 1 Absorbent Compress 4 x 8 in. min.
- 16 Adhesive Bandages 1 x 3 in.
- 1 Adhesive Tape 2.5 yd.
- 10 Antiseptic Skin Wipes, 0.5 gm. each<sup>1</sup>
- 6 Burn Treatment Applications 0.9 gm. each
- 4 Sterile Pads 3 x 3 in. min.
- 2 Pair Medical Exam Gloves
- 1 Triangular Bandage 40 x 40 x 56 in. min.
- 6 Antibiotic Treatment Applications 0.5 gm. each

First aid is immediate care to stabilize an injured or suddenly ill person. It does not take the place of proper medical treatment. First aid offers temporary assistance until that person gets to medical care or until the chance of recovery without medical care is assured. Always encourage the person to seek medical care.

## Additional ANSI-Recommended First Aid Supplies

- Oral Analgesic (Aspirin)
- Bandage Compress 2 x 36 in. min.
- Breathing Barrier, single use<sup>2</sup>
- Burn Dressing 12 sq. in. min.
- Cold Pack 4 x 5 in. min.
- Eye Covering (patch) ¼ in. thick min.
- Rolled Bandage 2 in. x 4 yd. min.
- Hand Sanitizer, 0.9 gm. Min

### Other Helpful First Aid Supplies

- Scissors
- Tweezers

### Things that shouldn't be included in a communal first aid kit:

- Personal or prescription medications.
- Liquids that can be ingested.
- Products that could cause allergic reactions to members of the lab.

### Consult your workplace medical or safety officer for further direction.

<sup>1</sup> Having single use applications of salves, ointments, medicines, and liquids is important to prevent contamination and spoilage.

<sup>2</sup> This is currently under review based on changes in CPR recommendations.