Weekly Safety Tip

First Aid vs Trauma Kits

SAFETY TIPS

First Aid vs Trauma Kits

Safety Council OF NORTHWEST OHIO

Having the right tools is as vital as knowing when to use them when it comes to preparing for life's unexpected twists. You'll want to ensure you have the right medical supplies nearby to address the issue if you ever find yourself injured.

THE question is whether you need a first aid or a trauma kit ?

The distinction is important to differentiate. Let's look at the differences between first aid and trauma kits in this safety share so that you can have the right tools needed for a potential injury.

Contents of first aid kits. Let's start with the most common contents found in a first aid kit. Typically, first aid kits will have essentials like band-aids, gauze, antiseptic wipes, and perhaps even a pair of tweezers for those pesky splinters that catch you off guard. First aid kits are usually on the smaller side for storage and convenience's sake, but their size makes them unable to carry a variety of medical supplies. However, that same limitation is what makes them a go-to option for people looking for an easy way to manage everyday scrapes and burns.

Contents of trauma kits. Conversely, trauma kits prepare you to respond to dire situations with ***essential lifesaving tools such as tourniquets to halt severe bleeding, hemostatic dressings to control hemorrhages, and chest seals to address punctured lungs***. Far beyond the simplicity of a band-aid, these instruments are crucial in managing critical injuries that imperil life within mere minutes. While these supplies can be overkill for the average user, there are times when they are crucial for survival.

Differences in application. The differences between first aid and trauma kits extend beyond just their contents. The utilization of each kit is vastly different. You can typically find first aid kits in the kitchen and at little league games and family picnics—ideal for situations involving minor injuries. On the other side of things, we have trauma kits, which you can typically find in an emergency response vehicle, the backpack of a wilderness explorer, and high-risk scenarios where immediate and intensive intervention could be critical for saving lives. Still, there might be a few instances when a trauma kit can be useful in the home, but they're certainly not a vital inclusion to have.

Where to get the kit you need. You can easily find first aid kits at local and online retail stores. You might have to do some more searching if you need a trauma kit. Outdoor recreational stores might have what you're looking for, but you'll have greater success searching online for a medical supply retailer like **Refuge Medical Training** to purchase something like the **bleeding prevention 'basic' kit** shown below (also available in **Intermediate** and **Advanced** versions).

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REMINDER: Breakfast with the Experts, Wednesday, June 19 at the Pinnacle
for "A Compliant and Effective First Aid Program"

Weekly Safety Share

SAFETY SHARE

Creating a Heat Illness Prevention Plan

Safety Council OF NORTHWEST OHIO

SAFETY & HEALTH SHARE

Heat-related illness *can affect workers in many industries, at indoor or outdoor worksites. Some job-related risk factors include:*

- *Outdoor work in warm weather,*
- *Heat sources such as ovens, fires, or hot tar,*
- *Strenuous physical activity, and*
- *Heavy or non-breathable work clothes.*

When these (or other) heat hazards are present, employers should plan ahead to protect workers.

Creating a Heat Illness Prevention Plan

To prevent heat-related illness, create a written plan that addresses these important elements:

- ☐ Who will provide oversight on a daily basis?
- ☐ How will new workers gradually develop heat tolerance?
- ☐ Temporary workers may be more susceptible to heat and require closer supervision.
- ☐ Workers returning from extended leave (typically defined as more than two weeks) may also be at increased risk.
- ☐ How will the employer ensure that first aid is adequate and the protocol for summoning medical assistance in situations beyond first-aid is effective?
- ☐ What engineering controls and work practices will be used to reduce heat stress?
- ☐ How will heat stress be measured?
- ☐ How to respond when the National Weather Service issues a heat advisory or heat warning?
- ☐ How will we determine if the total heat stress is hazardous?
- ☐ What training will be provided to workers and supervisors?
- ☐ Use tools available on the Federal OSHA website to help, like the table that follows:

TABLE: Heat Illness Prevent Plan by Heat Index Risk Level

	Heat Index Risk Level			
Plan Element	Lower (Caution)	Moderate	High	Very High/Extreme
Supplies (ensuring adequate water, provisions for rest areas, and other supplies)	✓	✓	✓	✓
Emergency planning and response (preparing supervisors and crews for emergencies)	✓	✓	✓	✓
Worker acclimatization (gradually increasing workloads; allowing more frequent breaks as workers adapt to the heat)	✓	✓	✓	✓
Modified work schedules (establishing systems to enable adjustments to work schedules)		✓	✓	✓
Training (preparing workers to recognize heat-related illness and preventive measures)	✓	✓	✓	✓
Visual and verbal monitoring (using direct observation and conversing with workers regularly throughout the day for signs of heat stress)		✓	✓	✓
Physiological monitoring (heart rate and/or core body temperature)			✓	✓

Safety Council OF NORTHWEST OHIO

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