



FIRST AID STATION GUIDE

 **EVERYBEAT**
PROTECTING LIFE - ONE BEAT AT A TIME

PURPOSE

of a First Aid Station



A first aid station is a designated, equipped, and maintained location that provides immediate access to supplies, equipment, and information necessary to treat injuries and medical emergencies until professional medical care is available.

A compliant station must support:

- Immediate response to common workplace injuries
- Stabilization of more serious injuries until EMS arrives
- Hazard-specific needs (chemical exposure, burns, lacerations, cardiac arrest)
- OSHA and ANSI compliance
- Employee confidence and safety culture

This guide applies to:

- Offices
- Warehouses
- Manufacturing
- Schools
- Retail
- Hospitality
- Distribution centers
- Public facilities

OSHA REQUIREMENTS

OSHA 29 CFR 1910.151

Medical Services & First Aid

Employers must ensure:

- Prompt medical attention is available.
- Adequate first aid supplies are readily accessible.
- A trained first aid responder is available if medical facilities are not “reasonably accessible.”
- Emergency eyewash is provided where corrosive materials are present.

What “reasonably accessible” means:

- Medical facility reachable within 3–4 minutes for life-threatening emergencies.
- If not, on-site trained responders are required.

OSHA 1910 Subpart K

Medical & First Aid

Covers:

- First aid kits
- First aid training
- Eyewash and emergency shower equipment
- Bloodborne pathogen exposure control (cross-referenced with 1910.1030)

ANSI/ISEA Z308.1-2021

Minimum First Aid Kit Requirements

OSHA references ANSI as the minimum standard for kit contents.

Two classifications:

- Class A – Low-risk environments
- Class B – Higher-risk environments

EveryBeat should recommend Class B for most industrial or warehouse clients.

FIRST AID CABINET

ANSI Class A or B

Choose based on workplace risk level:

Class A: Low-risk environments (offices, retail, schools)

Class B: Higher-risk environments (manufacturing, warehouses, construction)

Minimum Required Supplies (ANSI Z308.1-2021)

Class A:

- Adhesive bandages (1"x3")
- Sterile gauze pads (various sizes)
- Adhesive tape
- Antibiotic ointment
- Burn treatment
- Hand sanitizer
- CPR barrier
- Trauma Pad
- Scissors & tweezers
- Exam gloves
- First aid guide

Class B:

- All Class A items
- More trauma pads
- More burn dressings
- Splints
- Tourniquet
- Eye Wash station

Eyewash Station (If Required)

Required when employees may be exposed to **corrosive materials**.

Must meet:

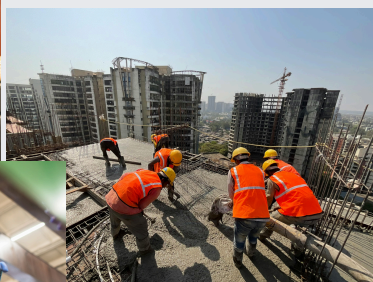
- **ANSI Z358.1** requirements
- 15-minute continuous flow
- Located within 10 seconds of hazard
- Path must be unobstructed

RECOMMENDED ADD-ONS

Higher-Risk Workplaces

For manufacturing, warehousing, construction, or food service consider adding:

- Bloodborne pathogen kits
- Burn kits
- Cold packs
- Eye flush bottles
- Finger cots
- Elastic wrap
- Hydration packets
- Splints
- Tourniquets
- Trauma dressings
- Emergency blankets



FIRST AID STATION SETUP REQUIREMENTS

Location Requirements

- Must be highly visible and clearly marked
- Must be unobstructed at all times
- Must be accessible within 3-4 minutes of any employee
- Should be placed near:
 - High-traffic areas
 - Breakrooms
 - Main hallways
 - Near AEDs (if possible)

Signage Requirements

- “First Aid” signage with green/white ANSI-compliant markings
- Directional signage if not immediately visible
- AED signage if co-located

INSPECTION & MAINTENANCE REQUIREMENTS

Inspection Frequency

- Monthly (OSHA best practices; required for AEDs)
- After any incident where supplies were used

Inspection Checklist

Supplies

- All required ANSI items present
- No expired items
- No damaged packaging
- Adequate quantities based on usage patterns

Cabinet Condition

- Clean and organized
- Door closes properly
- No rust or contamination
- Inventory sheet updated

Eyewash (if applicable)

- Monthly activation test
- Caps in place
- No debris
- Water flow unobstructed

AED (if present)

- Status indicator "OK"
- Pads and battery in date
- Rescue kit present

REQUIRED DOCUMENTATION

Employers must maintain:

- Monthly inspection logs
- Incident reports for any first aid use
- Training records for first aid/CPR/AED responders
- Eyewash monthly test logs
- AED program documentation (if applicable)

EveryBeat can provide:

- Digital or paper inspection logs
- Compliance binder
- AED monitoring
- AED Inspection (NC only)

TRAINING REQUIREMENTS

OSHA requires trained first aid responders when medical facilities are not “reasonable accessible”

Recommended Certifications:

- First Aid
- CPR/AED
- Bloodborne Pathogens
- Stop the Bleed (for high-risk sites)

Training must be:

- Conducted by a qualified instructor
- Renewed every 2 years (CPR/AED)
- Documented and stored