



Eye on Safety | Medical Emergency Preparedness

February is American Heart Month. At KYTC, we offer First Aid and CPR training to all employees who are willing to learn! Having basic first aid knowledge is essential to help save the life of a family member, coworker and even a stranger. Injuries and illnesses are never planned, but it is important to be prepared to help someone during a medical emergency. Below are a few tips to help you be better prepared for a medical emergency.

- **Know where to find a first aid kit and AED.** Discuss the location of these items during a job briefing and who would retrieve these items if they were needed. A quick safety talk prior to meetings is encouraged as there are often individuals in attendance who may not be familiar with the meeting location.
- **Inspect your first aid kit.** Medical supplies and medicines do have expiration dates. Look at your first aid kits in your vehicle and facility to ensure they are within date range and fully stocked.
- **Know your location.** When you are on a job site, it is important to discuss the work location or a nearby address just in case someone needs to call 911. It is equally important to know the address to any office that you may be visiting. The quicker help can find you, the better the outcome.
- **Be trained in first aid.** OSHA requires that each job site has a person adequately trained to render first aid for the duration of a job. KYTC requires that all employees in the maintenance facilities be First Aid/CPR/AED certified to ensure there is always someone on the job site available to render care. It's encouraged that all field employees are certified as well. First Aid and CPR Certification is not limited to field employees. Office staff should also consider becoming certified because medical emergencies can happen anywhere. If you are not currently certified and would like to be, please reach out to your district Safety Coordinator or the Secretary's Office of Safety to get scheduled for training.
- **Know what hazards exists:** At the start of each job, you should do a job safety briefing. During this time, you should take a few minutes to review the jobsite and talk about the hazards that you may come across while completing your job. Knowing about the hazards before you get started can help keep everyone on the jobsite on alert.

Submitted by Bobbie Joering, Safety Administrator