



Department-Approved Course Requirements: 1-Hour First Aid and CPR

Course Required for:

Worker Training

Purpose:

This course is a general elective course that can help fulfill the requirement for an individual applying for a Site Safety Training Card. **THIS IS AN AWARENESS-LEVEL TRAINING ONLY and does not provide any other qualification or authorization outside of the Site Safety Training Card.**

Duration:

1 Hour of instructional time, excluding breaks

Class Size:

1-40 Trainees

NYC Requirement:

In order to continue to operate in the City of New York, the designated construction worker is required to complete a minimum number of hours of approved site safety training and to carry site safety identification cards as proof of completion of the training (As per New York City Local Law 196 of 2017 also known as 'LL196' or 'Local Law'). This course provides one hour towards the satisfaction of that requirement.

Facility Requirements:

The Training Facility used by the Course Provider must:

- Have sufficient room to accommodate all expected attendees and the equipment needed to perform hands-on exercises where required as part of the course.
- Make provisions for the presentation of training material in all media types (computer, projectors, video/DVD players, etc.); and
- Comply with all applicable laws, rules and regulations relating to occupancy, zoning, egress, fire detection, fire suppression, light, ventilation, cleanliness, sanitary facilities, emergency notification and evacuation procedures.

Training may be held at construction sites, provided the above requirements are met.

Instructor Requirement:

To deliver this course the instructor(s) must demonstrate that he or she is credentialed or trained in instructional methods and learning processes. The instructor(s) must also successfully demonstrate his or her ability to solve or resolve problems relating to the subject matter by possession of a recognized degree, certificate, licensure or professional standing, or by extensive knowledge, training, and experience, in the subject matter being taught. To the extent that the course instructor(s) holds, or has held, a trade license issued by the Department, it must be in good standing and not be surrendered to, suspended by or revoked by the Department.

The instructor(s) must also be authorized by the Occupational Safety and Health Administration ('OSHA') as a trainer(s) for its Construction and Outreach Program.

Curriculum Requirement:

All **topics** listed under **Course Content Outline** must be covered using the listed **Instructional Delivery Method**. The time dedicated to each outline topic should be appropriate for the course content and can vary depending on the trade or job performed by the trainee. The **Instructional Delivery Materials** used in this course must contain all current applicable NYC Construction Code

references, current rules, policies and bulletins.

**Course Curriculum
Proposal Package
Review:**

A comprehensive review will be performed by the **Department of Buildings** to determine compliance with these Course Curriculum Requirements.

Instruction Delivery Method

- Media:** Lecture/Discussion, Slide Presentation, Video on CPR saving someone's life
- Handouts:** Slides, references and a Safety Data Sheet from a chemical
- Guided Learning:** From a Safety Data Sheet that the instructor provides, each trainee will demonstrate familiarity by finding various first-aid information.

Course Content Outline

1. Introduction
 - a. Instructor introduces topic and describes their qualifications and relevant experience for training this module.
 - b. Establish that all trainees can hear and fully understand you i.e. 'raise your hand if you fully understand me' or 'clap your hands if you fully understand me'
 - c. State basic classroom rules, bearings and decorum
 - i. Inform trainees of duration or training and breaks (if any)
 - ii. Remind trainees about limiting distractions (phone use, texting, sidebar conversations)
 - iii. Emergency procedures (location and means of egress, exits or other contingencies)
 - iv. Location of restrooms
 - d. Training Objectives and Expectations:
 - i. Trainees will become generally familiar with terms, equipment and procedures associated with first aid and CPR.
 - ii. Trainees will be able to recognize when they or other workers are experiencing a medical emergency
 - iii. Trainees will learn the regulatory requirements for the use of and administration of first aid and CPR
 - iv. **TRAINEES WILL NOT FROM THIS TRAINING BECOME QUALIFIED TO ADMINISTER FIRST AID OR CPR**
2. Describe a Medical Emergency
 - a. Define and explain, with examples, the difference between first aid and medical treatment. Discuss also, what an OSHA recordable refers to in a context beyond first aid to a worker injury or illness.
 - b. Illustrate basic anatomy
 - c. Explain Cardio-Pulmonary Resuscitation (CPR)
 - d. Show testimony of someone whose life was saved CPR intervention
 - e. Describe the Emergency Action Plan (EAP) for a jobsite
 - f. To gain trainee's 'buy-in' to the course material stress also how important first aid kits are at home and how important it is to learn CPR at home and the necessity of having a fire plan, fire preparedness and an emergency action plan.
 - g. Case study video where a worker's life is saved by CPR intervention

- h. http://cpr.heart.org/AHA/ECC/CPRECC/AboutCPRFirstAid/CPRFactsAndStats/UCM_475748_CPR-Facts-and-Stats.jsp
3. Inform trainees where workers must find easy access to first aid kits and hazard communication information at all construction worksites.
 - a. The controlling contractor must maintain an Emergency Action Plan for site.
 - b. Safety Data Sheets for all trades must be kept in central location and be readily accessible for all workers.
 - c. Workers must receive training in first aid for chemical exposures they work with or can be exposed.
 - d. Workers should receive training for blood borne pathogens, blood spills and exposure to bodily fluids and tissue.
 4. Requirements to have First Aid and the ability to administer such procedures.
 - a. Describe legal issues of applying first aid
 - i. Good Samaritan Laws
 - ii. Immunity from Liability of NYS Law, Section 3013
 - b. The First Aid Kit
 - i. Inform trainees that someone must be trained in administration of first aid.
 - ii. Describe the components of a construction first aid kit.
 - iii. Describe the size or number of first aid kits according to the number of workers.
 - iv. Describe the selection and inspection of first aid kits.
 5. Cardio-Pulmonary Resuscitation (CPR)
 - a. Describe process leading up to use of CPR
 - b. Describe how to administer CPR
 - i. Provide facts related to the heart, lungs, time constraints etc.
 - ii. Describe the importance of immobilizing injured persons
 - c. Encourage trainees to take a CPR course, reminding them that they could save the life of a loved one as well as a coworker.
 - d. Encourage trainees to ask their employers or general contractors to have an Automated External Defibrillator (AED) at the construction site.
 6. Personal Fitness and Fitness for Duty
 - a. Discuss that workers should know their physical limitations and express such restrictions if they believe required work activities may cause harm to themselves or others.
 - b. Overexertion during strenuous work activities
 - c. Overexertion during extreme environmental conditions i.e. extreme heat or cold
 - d. Wearing a Respirator and labored breathing
 - i. Fit test
 - ii. Medical Clearance
 7. Resources:
 - a. OSHA CFR 1926.50
 - i. American Heart Association: <http://www.heart.org>
 - b. Worker's Rights (See OSHA: <https://www.osha.gov/Publications/OSHA3146.pdf>)
 - c. OSHA Regional Map: <https://www.osha.gov/html/RAmap.html>
 - d. http://cpr.heart.org/AHA/ECC/CPRECC/UCM_473161_CPR-and-ECC.jsp
 8. Debriefing (Informal evaluation)

- a. Guided by instructor, trainees, in a class discussion talk about the course's content and means of delivery and provide verbal feedback to the instructor.
 - b. Instructor takes notes (either committing them to writing during discussion or ascribing them later into noted-comments).
 - c. Instructor applies lessons learned from debriefing to future trainings.
9. Written (Multiple Choice) Assessment