

VACO Reference Material

SAFETY STARTS HERE:

THE IMPORTANCE OF FIRST AID
IN THE WORKPLACE

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At first glance, the workplace may seem like a secure environment. However, you still need to be prepared for any emergencies that arise. An accident can happen at a moment's notice, necessitating an immediate medical response from those nearby. If an injury occurs in the workplace, do you have anyone who is prepared to step up and help?

As a company, you are legally obligated to ensure your workers receive immediate attention in case of an emergency. This is why many companies invest in CPR and first aid training for their employees. The workplace first aid training equips each employee with fundamental health and safety knowledge. In this training program, your staff will learn extensively about first aid kits and how to use them in an emergency.



The **importance of workplace first aid training** is recognized across business industries, including construction, restaurants, and healthcare facilities. By learning first aid, your staff can potentially reduce the severity of injuries or diseases during emergencies. Along with an increased familiarity with safety protocols, there are many benefits of first aid training in the workplace.

Here are six reasons why first aid training is important and beneficial for workplaces:

1. WORKPLACE FIRST AID TRAINING CAN SAVE LIVES

The most important reason to take first aid training is that it can potentially save lives. If there is an accident in the office, is there someone qualified to come to the rescue? When your employees know first aid training, they will **have the ability to respond quickly to an injury or accident**. As a result, they can follow the suitable safety protocols to minimize any health risks.

Part of the workplace first aid training involves learning about CPR. Also known as cardiopulmonary resuscitation. CPR is issued in the event of a severe occupational accident, injury, or health problem. In the appropriate situations, applying CPR can keep the blood flowing and provide oxygen to

important organs. The ability to perform CPR properly may make a significant difference in life-or-death scenarios.

2. WORKPLACE FIRST AID TRAINING CAN REDUCE ACCIDENTS

Often, work environments like construction sites are hotspots for injuries. There are numerous types of construction workplace hazards, which can range from mechanical mishaps to slip-and-fall accidents. Many of these injuries occur because the workers are not informed about the safety best practices. As a result, they perform dangerous actions that have a high level of risk.



First aid training makes employees more knowledgeable about potential threats and hazards that cause injuries. Employees who take workplace first aid training are **more aware of occupational safety**. Their ability to identify hazards and avoid dangerous scenarios will lead to reduced

accidents. They will also develop safer habits and alert others about the dangers in their surroundings.

3. FIRST AID PROVIDES PAIN RELIEF

When someone suffers a severe injury, immediate first aid can alleviate the pain and keep further harm at bay. The first aid kit includes tools and uses **a simple approach to relieve pain as much as possible**. The qualified individual then applies an ice pack or gives the victim an appropriate massage to relieve the pain.

Without the workplace first aid knowledge, an untrained person might be unable to manage the situation. Their misguided attempts to help the victim may even aggravate the injury further. First aid will bring the urgent crisis under control, allowing the victim to be transferred to a hospital for further medical care.

4. FIRST AID IMPROVES PROTECTION AGAINST INFECTIONS & DISEASES

It is common for injuries to cause an infection.

Fortunately, the first aid kit contains all the materials that you need to treat infections. However, these supplies should not be handled carelessly. When an untrained person tries to administer first aid, mistakes are frequently made that lead to higher chances of infections. Furthermore, they may not follow the proper sanitization protocols, which can pose as a health risk.



First aid training **teaches your staff the best methods to minimize infections.** With their understanding of the first aid supplies, they can apply treatments while following the correct health and safety protocols. In addition, your employees will learn how to safeguard themselves from viral and vector-borne diseases.

5. FIRST AID TRAINING CREATES A POSITIVE WORK ENVIRONMENT



Employees do not enjoy working in an unsafe environment where their well-beings are at risk. As the employer, you can **provide your staff with peace of mind** through workplace first aid training. This health and safety training program ensures a positive atmosphere, where the workers feel empowered by their first aid knowledge. In case of emergencies, they are more reassured and less likely to panic.

Plus, workplace first-aid training is also used as a team-building activity. By learning a life-affirming skill together, your employees will develop a unique

bond among each other. You may see morale rising in the company, as employees feel more confident and eager to report to work.

6. FIRST AID TRAINING CAN SAVE WORKPLACES MONEY

There are also **financial benefits of first aid training in the workplace**. When a person suffers a severe injury, the medical bills for their treatments can be very hefty. As they recuperate, their absence from work can translate into a financial loss for both the victim and the employer. In the event of a life-threatening injury, the employer might be fined a large sum of money and pay higher insurance costs.



These expenditures could possibly be avoided if first aid is administered early on. By minimizing the scope and magnitude of the injury, any future medical bills may decrease significantly. In the long term, your company will also enjoy a healthier workforce that isn't riddled with injuries or illnesses.

VACO's First Aid course is a comprehensive training program that provides participants with the knowledge and skills needed to handle common medical emergencies. The course covers a range of topics, including how to assess and manage injuries, illnesses, and medical conditions, as well as how to use first aid equipment and techniques. Participants will learn how to provide basic life support, such as cardiopulmonary resuscitation (CPR) and how to treat wounds, burns, fractures, and other injuries. The course also covers topics like choking, shock, and allergic reactions.

Participants will learn how to recognize the signs and symptoms of different medical conditions and how to respond appropriately. Limit liabilities in your workplace by educating your employees with the knowledge on how to save lives!

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