

First Aid, Health, and Sanitation

Updated September 2024

E Light Electric Services ensures availability of medical personnel (Preferred Providers) for advice and consultations on matters of company health.

E Light Electric Services Inc. requires front-line supervisors and Journeymen to maintain a current First Aid/CPR/AED certification issued by the American Red Cross or equivalent agency.

It is company policy that adequate first aid kits and supplies shall be readily available for the use of employees.

First aid kits are to be inspected monthly to ensure that they are adequately stocked with no expired or damaged items.

Eye wash kits shall be provided and inspected monthly. The location of first aid kits and eye wash stations shall be communicated to all employees on the project and prominently marked with signage.

Accident and Near Miss Incidents

- Remain calm.
- Notify emergency personnel if necessary, immediately.
- Avoid unnecessary moving of an injured person.
- Notify your supervisor immediately, get first aid immediately.
- Supervision must be notified immediately of all accidents, regardless of the severity. No employee shall seek medical attention for a work-related injury without the notification of the Director of Education and Loss Prevention. This notification shall be made immediately unless emergency medical treatment is needed. If emergency medical attention is required, the notification shall be made as soon as it is safe to do so.
- All employees shall use only designated medical providers which are listed on the designated medical providers for worker's compensation list. This list is kept on all job sites. No supervisor shall select a medical provider. The employee shall be shown the list of providers, and the employee shall select which provider they wish to use. The supervisor shall offer no opinion or suggestion.
- **A preliminary report** shall be prepared and submitted as soon as it is safe to do so. These reports must be complete and submitted to the Director of Education and Loss Prevention **within 8 hours of an incident** utilizing the iAuditor process.
- **A full incident/accident report** shall be completed and submitted to the Director of Education and Loss Prevention **within 24 hours of all incidents** utilizing the iAuditor process.

Burns

Immediately treat acid, caustic, and thermal burns by flushing with cold water.

Drinking Cups

Do not drink out of a common dispensing cup or ladle. Use only drinking fountains, individual disposable cups, or water bottles.

E Light issues water to our employees in the field utilizing sealed water bottles of water. Please do not share your water bottle with others.

Drinking Water

Drink water that is specifically supplied and marked for drinking purposes. Stream or river water may look clear and clean but may contain deadly contaminants.

Electrical Shock

Turn electric power off. Do not touch the victim until he or she is free from current contact. Hygiene Personal cleanliness is extremely important. Many skin irritations result from careless or incomplete washing or bathing. Wash thoroughly and dry the skin completely to eliminate skin rashes, irritations, and infections. Redressing If it is necessary to have an injury redressed, report to your supervisor immediately.

Treatment

Follow all advice given by trained first aid attendants, nurses or physicians relating to your injury. Inform your supervisor of all restrictions you may have concerning any injury whether work related or not work related.

Medication

E Light Electric Services will not dispense any medication at any time. Supervisors shall not give any medication to any personnel for any reason.

Employees may use first aid kit pain relievers or other over the counter medications at their own risk and only if the medication will not interfere with their ability to perform their work tasks.

Employees shall inform supervisors if they are taking any medications that may affect their work performance and provide medical restrictions associated with that medication. Employees may not be allowed to work until they are no longer taking the medication if their restrictions are prohibitive.