



## WORKPLACE FIRST AID

Recent research by the Department of Labour highlights the importance of getting help within the first hour – the “Golden Hour” – of a serious incident. In some cases, a quick first aid response could mean the difference between life and death, and in many cases, first aid can reduce the severity of the harm or illness.

**Workplace deaths can be prevented when working in remote locations by doing the following:**

- Adequate portable first aid kits are provided and there are trained first aid personnel employed
- The workplace has established emergency processes, and employees are familiar with them
- The employer investigating what emergency services are available in the area, and the estimated arrival times for those services to reach the workplace
- Maintaining regular contact with colleagues, and if you're working in an area with limited cellphone coverage, making sure they know where you're going and when you'll be back.

A number of organisations provide NZQA approved workplace first aid training courses and the easiest way to access them is through the Yellow Pages telephone directory. Advanced first aid training can take account of special hazards and risks associated with the person's workplace.

