



FIRST AID REQUIREMENTS

First Aid Regulations

The Health and Safety (First Aid) Regulations 1981 lay down the following for the provision of First Aid boxes and suitable First-aider support.

The regulations require that employers and self-employed persons provide adequate and appropriate First Aid facilities which should be based on an assessment of the need for First Aid depending on the nature of the work and not just on number of people on site.

First Aid Boxes and Kits

On small sites, where no special or unusual hazards exist and normal emergency services are readily available, the appointment of sufficient suitable persons trained in First Aid and the provision of First Aid boxes, with guidance and the presence of First Aid notices, may be adequate. Sites which present a high risk from hazards should be provided with a First Aid room under the responsibility of a suitable person with a suitable person available at all times. A suitable person is a first-aider who holds a First Aid certificate issued by an organisation whose training and qualifications are approved by the Health and Safety Executive. Practising registered medical practitioners and nurses are considered as suitable persons.

Safety rules and regulations are made to prevent accidents but because the nature of the work and the materials used by the Painter and Decorator are potentially hazardous, precautions must be taken to deal effectively and efficiently when an accident should occur.

So remember, no matter how hard we try to be safe when working, accidents are always likely to happen which are not obvious at the time. Everyone needs to obtain the very basic knowledge required for all accidents.



HYGIENE

It is an essential feature of good painting practice to work only in clean conditions. Such principles must also be applied personally.

Overalls or protective clothing;

must be worn for the entire period of work. Overalls should be washed regularly, at least once a week.

The wearing of overalls off site is anti-social: it spreads the dirt and debris of the site and subjects other people to discomfort, irritation and the risk of disease.

Hand washing;

must be carried out regularly, especially before meals. The swallowing of old paint-film dust, paint particles, fungicide washes and pastes can have serious effects on the body, particularly the bowels.

Protection must be used when handling hazardous materials to avoid skin disease later in life.

Industrial Dermatitis (occupational skin disease):

Dermatitis affects people in different ways: in a mild form it may result in slight irritation or redness of the skin; in more severe dermatitis the skin may harden, blister or crack, becoming exposed to a variety of infections. Warts and ulcers may result from severe skin damage. The disease does not necessarily show its self immediately: lack of care in handling harmful materials when young may result in skin disease later in life.

Prevention:

The hands are the principal part of the body to be affected and there are various ways by which they can be protected.

Industrial gloves made from rubber, P.V.C. or an impregnated material may be used. They're available in a variety of thickness and sizes. They may cause severe perspiration, which can have a detrimental effect on some skins, but this may be avoided by wearing thin cotton inner gloves.

Barrier cream is only effective for short periods. It is rubbed into every part of the hands before commencing work. It should be washed off at the beginning of each break and then reapplied before returning to work again.



0.5 hrs

Activity 1 (Protective Clothing)

This activity asks that you recommend the appropriate clothing necessary to carry out each task safely. When answering the following questions, think of the worst-case scenarios. Use all the resources available to you.

TASK	RECOMMENDATION
Noise over 85 decibels.	
Cleaning brushes that have been used in an oil-based material.	
Dry abrasion of plaster type filler.	
Working on scaffolding.	
Handling rough materials.	
Working on sites.	
Handling glass.	
Using liquid paint/varnish stripper.	
Usage of an electric grindstone.	

HEALTH AND SAFETY AWARENESS



0.5 hrs

Activity 2 (Working with tools)

Can you identify five ways an accident could occur when using portable power tools and basic hand tools.

PORTABLE POWER TOOLS	
HAZARD	<i>DESCRIPTION</i>

BASIC HAND TOOLS	
HAZARD	<i>DESCRIPTION</i>



0.5 hrs

Activity 3 (Fire Extinguishers)

At some point, in the future you may have to use heat/flame-producing apparatus such as heat-guns, blowlamps or gas-torches.

You may also come across situations that could cause fires due to improper use/storage of highly flammable liquids or electrical/mechanical faults, therefore it is important that you know which extinguisher safely puts out which fire.

Research and input the information missing from the following table.

FIRE EXTINGUISHERS				
Type	Average Range	Colour	Application	Prohibited Use
Water or soda acid				
Foam				
Vapour-forming or vaporising liquids				
Vapour-forming gas (CO ₂)				
Dry powder				
Sand				
Glass-fibre blanket				
Aerosol (many types available)				

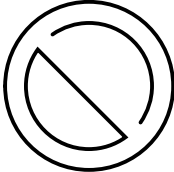
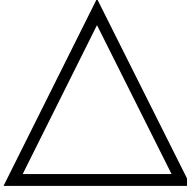
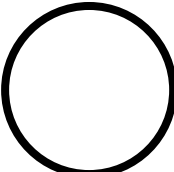
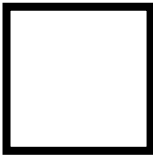

HEALTH AND SAFETY AWARENESS



0.5 hrs

Activity 4 (Safety Signs)

There are five layouts of Safety Signs. Investigate and input the omitted information from the table below and illustrate two examples for each layout. You may use the whole college as a resource for this activity (with permission and guidance from your tutor).

SAFETY SIGN	TYPE/NAME OF SIGN	COLOURS	EXAMPLE 1	EXAMPLE 2	LOCATION
					
					
					
					
					



1 hr

Activity 5 (Hazardous Materials)

Some of the materials and products that are employed in the Painting and Decorating trade are considered very hazardous to health, if not used properly and as stated by the manufacturers and suppliers.

State four materials in common use within Painting and Decorating that are a potential toxic hazard.


You will need to carry out some research to obtain chemical terms or constituents (the dominating toxic ingredients).

TOXIC MATERIALS USED IN PAINTING & DECORATING	
NAME OF MATERIAL	TOXIC CONSTITUENT

The following two pages require you to complete your own risk assessment of two of the hazardous materials you listed above.


Please complete the whole form.

HEALTH AND SAFETY AWARENESS

 <div style="display: inline-block; vertical-align: middle; margin-left: 10px;"> <p>WIRRAL METROPOLITAN COLLEGE</p> <p>PAINTING AND DECORATING</p> <p>C.O.S.H.H. RISK ASSESSMENT DATA SHEET</p> </div>
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ITEM	DESCRIPTION
MATERIAL/SUBSTANCE	
PRODUCT NAME	
ACTIVE INGREDIENT	
HAZARD CLASSIFICATION (tick) TOXIC <input type="checkbox"/> CORROSIVE <input type="checkbox"/> OXIDISING <input type="checkbox"/> FLAMMABLE <input type="checkbox"/> HARMFUL <input type="checkbox"/> IRRITANT <input type="checkbox"/> NON-HAZARDOUS <input type="checkbox"/>	
OCCUPATIONAL RISK (tick) DELIVERY <input type="checkbox"/> STORAGE <input type="checkbox"/> TRANSPORTATION <input type="checkbox"/> MIXING <input type="checkbox"/> APPLICATION <input type="checkbox"/> WASTE DISPOSAL <input type="checkbox"/>	
FLASH POINT	
APPLICATION METHOD	
STORAGE	
FIRE-FIGHTING MEASURES	
SUITABLE PROTECTIVE CLOTHING/EQUIPMENT	
FIRST AID MEASURES: IN RELATION TO MANUAL HANDLING	INHALATION:
	INGESTION:
	EYE CONTACT:
	SKIN CONTACT:
ENVIRONMENTAL WASTE DISPOSAL	
DATA SHEET COMPILED BY:	DATE:

HEALTH AND SAFETY AWARENESS

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FIRST AID MEASURES: IN RELATION TO MANUAL HANDLING	INHALATION:
	INGESTION:
	EYE CONTACT:
	SKIN CONTACT:
ENVIRONMENTAL WASTE DISPOSAL	
DATA SHEET COMPILED BY:	DATE:



1 hr

Activity 6 (First Aid Awareness)

Who are the first-aiders in the Colleges construction department?

Where is the First Aid Box kept and what items should it contain?

How much do you know about First Aid? Research the procedures for treating injured persons after an accident, then complete the following;

Treatment for burns or scalds:

Treatment for eye burns:

Continued next page . . .



Activity 6 (First Aid Awareness) continued . . .

***Treatment for minor wounds;
(severe bleeding):***

(bleeding from head):

Treatment for a limb fracture:

Treatment for severe electric shock:

***Treatment for when someone falls and is unconscious;
(mouth to mouth method):***

(Sylvester method):