



Infrastructure works for Riyadh SEDRA 3, 4 & 5 Project.

00103-CHE-PLN-PRS-00000

Rev. 00

18 August 2024

FIRST AID ASSESSMENT FOR INFRASTRUCTURE PHASE-3



فرع شركة شاينا هاربور إنجنيرنج كمبني ليمتد
BRANCH OF CHINA HARBOUR ENGINEERING CO., LTD.
中国港湾工程有限责任公司沙特分公司






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00	18- August- 2024	HSE M. Phase-3	HSE.M	HSE.D	Issued for Approval
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REV	Date	Prepared By	Reviewed By	Approved By	Remarks



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First Aid Assessment				
Serial No.	Tasks	Hazards	Risk	First Aid Requirement
1	Confined Space	Asphyxiation, toxic gas exposure, entrapment	Major	Trained first aider, oxygen supply, rescue equipment
2	Excavations	Collapse, falls, entrapment, cuts	Major	First aid kit, bandages, tourniquet, stretcher
3	Lifting	Strains, sprains, back injuries	Major	First aid kit, ice packs, pain relief medication
4	Work at Height	Falls, dropped objects	Critical	Trained first aider, first aid kit, stretcher, harness
5	Temporary Works	Collapse, falls, entrapment	Minor	Trained first aider, first aid kit, rescue equipment
6	Exposure to Chemicals	Skin irritation, respiratory issues, eye damage	Minor	Eye wash station, safety showers, gloves, safety glasses
7	Noise	Hearing loss, tinnitus	Minor	None, but regular hearing tests recommended
8	Dust	Respiratory issues, eye irritation	Minor	Dust mask, eye wash station
9	Smoke	Respiratory issues, eye irritation	Minor	Respirator, eye wash station
10	Concrete	Skin irritation, eye damage	Minor	Eye wash station, gloves, safety glasses
11	Asbestos	Respiratory issues, cancer	Major	Trained first aider, respirator, decontamination shower
12	Extreme Temperature	Heat stress, hypothermia	Critical	Cooling or warming measures, hydration, blankets

13	Heat Stress	Dehydration, heat exhaustion, heat stroke	Critical	Hydration, cooling measures, shade
14	Mental Illness	Anxiety, depression, stress	Minor	Trained first aider, counseling services
15	Heavy Equipment Operation	Crushing, entrapment, cuts	Major	Trained first aider, first aid kit, stretcher
16	Form Work	Falls, entrapment, cuts	Major	Trained first aider, first aid kit, stretcher
17	Welding	Burns, eye damage, respiratory issues	Major	Fire extinguisher, eye wash station, respirator
18	Grinding	Cuts, eye damage, respiratory issues	Major	First aid kit, eye wash station, dust mask
19	Man Lift	Falls, entrapment, crushing	Major	Trained first aider, first aid kit, stretcher
20	Temporary Electrical Work	Electric shock, electrocution	Major	Trained first aider, first aid kit, defibrillator
21	Hot Work	Burns, fire, explosion	Major	Fire extinguisher, first aid kit, burn cream
22	Manual Handling	Strains, sprains, back injuries	Minor	First aid kit, ice packs, pain relief medication

Here are some additional general first aid requirements for a construction site:

1. First aid kits: Easily accessible and fully stocked with essential supplies.
2. Trained first aiders: On-site personnel trained in first aid and emergency response.
3. Emergency phone: Access to a phone or two-way radio for emergency calls.
4. Stretchers and backboards: For transporting injured workers.



5. Eye wash stations: For flushing out chemicals or debris.
6. Safety showers: For decontaminating workers exposed to chemicals.
7. Burn cream and gel: For treating burns.
8. Automated External Defibrillator (AED): For cardiac emergencies.
9. Oxygen supply: For workers experiencing respiratory distress.
10. First aid room or area: A designated space for treating injuries and illnesses.
11. Medical waste disposal: Proper disposal of medical waste and sharps.
12. Confidential medical records: Maintaining workers' medical records and confidentiality.
13. Regular first aid training and drills: Ensuring first aiders are up-to-date and prepared.
14. Incident reporting and documentation: Accurate reporting and documentation of incidents and injuries.
15. Communication plan: Establishing a communication plan for emergency situations.
16. Emergency services information: Posting contact information for local emergency services.
17. Site-specific hazards and procedures: Including site-specific hazards and procedures in the first aid plan.
18. Regular inspections and audits: Regularly inspecting and auditing the first aid provisions and procedures.
19. Worker participation and feedback: Encouraging worker participation and feedback on the first aid program.
20. Compliance with regulations and standards: Ensuring compliance with relevant regulations and standards.