

FIRST AID



First aid is a means that must be available and provided in the office or in the vehicle. The purpose of first aid is the fastest step in dealing with injuries or accidents before further action is taken in a hospital or other health unit. Injuries or accidents can occur suddenly and unexpectedly so that treatment must be done immediately to prevent complications from injury or the consequences of the accident itself.

First Aid has a special place in the placement of the medicines and its equipment is usually placed in a special box. But it does not rule out the possibility that medicines and equipment are placed in large bags or pouches. First Aid Box is usually white with a special green symbol on the box or red in the bag and pouch with a special white emblem on the bag and pouch. Make sure the first aid box or bag is located in an area that is safe, easy to see, easy to reach, dry and cool.

Because first aid is only used to handle injuries or accidents quickly, the contents of first aid box are also ease to use tools and medicines. Equipment and medicines in first aid box are regulated by ministerial regulation number PER.15/MEN/VIII/2008 concerning first aid in accidents at work in appendix II concerning the contents of first aid boxes, namely:

- Sterile gauze wrapped
- Bandage (width 5 cm)
- Bandage (width 10 cm)
- Plaster (width 1.25 cm)
- Fast plaster
- Cotton (25gr)
- Mittela (Triangular bandage)
- Scissor
- Safety pin
- Emergency medical gloves
- Mask
- Tweezers
- Flashlight
- Glasses for eye washing
- Clean plastic bag
- Aquades (100ml lar. Saline)
- Povidon Iodin (60ml)

- Alcohol 70%
- First aid manual guide
- Record contents of the first aid box

Ministerial regulation number PER.15/MEN/VIII/2008 also regulate type first aid boxes. First aid kits are divided into three types of boxes, namely box A, box B and box C. First aid kits type A are for workplaces with ≤25 personnel. First aid kits type B are for workplaces with ≤50 personnel. First aid kits type C are for workplaces with ≤100 personnel. The difference in the type A, type B and type C boxes also lies in the number of medicines and equipment provided in each box. As explained in the table below:

No.	ISI	KOTAK A (Untuk 25 pekerja/buruh atau kurang)	KOTAK B (Untuk 50 pekerja/buruh atau kurang)	KOTAK C (Untuk 100 pekerja/buruh atau kurang)
1.	Kasa steril terbungkus.	20	40	40
2.	Perban (lebar 5 Cm).	2	4	6
3.	Perban (lebar 10 Cm).	2	4	6
4.	Plester (lebar 1.25 Cm).	2	4	6
5.	Plester Cepat.	10	15	20
6.	Kapas (25 gram).	1	2	3
7.	Kain segitiga/mittela.	2	4	6
8.	Gunting.	1	1	1
9.	Peniti.	12	12	12
10.	Sarung tangan sekali pakai.	2	3	4
11.	(pasangan)	2	4	6
12.	Masker.	1	1	1
13.	Pinset.	1	1	1
14.	Lampu senter.	1	1	1
15.	Gelas untuk cuci mata.	1	2	3
16.	Kantong plastik bersih.	1	1	1
17.	Aquades (100 ml lar.Saline)	1	1	1
18.	Povidon Iodin (60ml)	1	1	1
19.	Alkohol 70 %.	1	1	1
20.	Buku panduan P3K di tempat kerja.	1	1	1
21.	Buku catatan. Daftar isi kotak.	1	1	1

Fig.1. First aid type with content

To carry out the rescue quickly to injury or accident, then assigned a special officer in each workspace. This is regulated in PER.15/MEN/VIII/2008 in chapter II concerning First Aid Officers in The Workplace article 3 the officer must have a license and book of activities from the head of agency responsible for the local manpower sector. First aid officers have task set out in article 6, namely:

- Carry out first aid measure in the workplace
- Caring for first aid facilities in the workplace
- Record every first aid activity in the activity book
- Report the first aid activity to management

First aid officer area also equipped with special signs that will make it easier to be known by the other personnel who need help.

First aid facilities should be created to meet the needs of first aid activities. As set out in Chapter III of first air facilities at the workplace, namely Article 8 of First Aid Facilities referred to include:

- First aid room
- First aid box and kits
- Evacuation equipment and transportation equipment
- Additional facilities in the form of personal protective equipment and/or special equipment in workplaces that have special potential hazard.

The first aid room referred to in article 8 is explained in article 9, which include:

- a. First Aid Room location:
 - o Close to the toilet
 - o Close to exit route
 - o Easy to reach from the work area
 - o Close to the parking area
- b. Minimum space area is enough to accommodate one patient bed and there is still have space room for first aid personnel and other first aid facilities.
- c. Clean, bright, well ventilated, has a wide exit to move the victim
- d. Signed with a clear and easy to see signboard
- e. At least equipped with:
 - o Sink with running water
 - o Tissue (wet or dry)/ cloth
 - o Stretcher
 - o Splint
 - o First aid box and kits
 - o Bed with pillow and blanket
 - o Tool storage
 - o Clean clothes for helper
 - o Trash can
 - o Waiting chairs if needed

The number and type of first aid box type is set in appendix III about the number of personnel, the type of first aid box and the number of first aid boxes. The following is a table of appendix III.

Jumlah Pekerja/Buruh	Jenis kotak P3K	Jumlah Kotak P3K Tiap 1 (Satu) Unit Kerja.
Kurang dari 26 Pekerja/buruh	A	1 kotak A
26 s.d 50 Pekerja/buruh	B/A	1 kotak B atau, 2 kotak A.
51 s.d 100. Pekerja/buruh	C/B/A	1 kotak C atau, 2 kotak B atau, 4 kotak A atau, 1 kotak B dan 2 kotak A.
Setiap 100 Pekerja/buruh.	C/B/A	1 kotak C atau, 2 kotak B atau, 4 kotak A atau, 1 kotak B dan 2 kotak A.

Fig.2. The number of personnel, the type of first aid box and the number of first aid boxes.

Reference:

REGULATION OF THE MINISTER OF MANPOWER AND TRANSMIGRATION REPUBLIC OF INDONESIA
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