



NEW first aid standard: 3 things to add TODAY

CHECK YOUR FIRST AID KIT!

Is your first aid kit stocked for 2026?
When's the last time anyone opened it?

A new first aid standard just came out. It's called ANSI/ISEA Z308.1-2026. It recommends a few new supplies, and the timing lines up with OSHA's Sept. 24 guidance on responding to workplace overdoses.



WHAT'S NEW? THREE THINGS.



Naloxone (Narcan) nasal spray

- At least 2 doses on hand
- Kept inside or right next to the first aid kit
- Clearly marked, visible, and easy to grab
- Your team knows where it is

TIP: A second dose may be needed. And it doesn't take medical training to use.

Arterial tourniquet

- A real tourniquet, built to stop life-threatening bleeding
- Meets the performance criteria in the standard
- Bought from a reliable supplier
- Not a blood draw band. That's NOT the same thing!



Anti-choking device

- One in the kit or next to your emergency gear
- Your team still trained on the Heimlich maneuver

Other changes in the standard:

- Bilingual English/Spanish first aid guides
- Better first aid planning for mobile and field workers (kit location and inspections)
- Updated guidance on AEDs, CPR, and emergency readiness

DON'T MISS IT: LEARN MORE From OSHA

MEET THE TEAM — AVA

Hi, I'm Ava

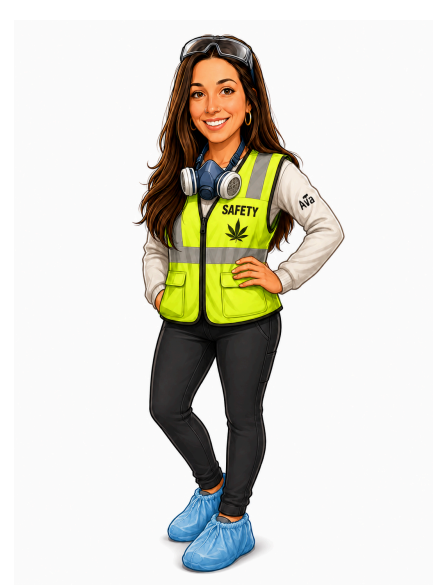
Cannabis Safety Specialist at Safety Trainers

I'm passionate about helping cannabis businesses create safer workplaces and stay compliant with industry regulations. I have worked in the Cannabis Industry in Massachusetts for the last 10 years.

Outside of work, life revolves around my two kids - keeping up with sports and making the most of our time together - playing, eating or just hanging out watching a new movie. In the summer, you can find us at the beach or on the lake.

During my free time, you can usually find me out for a run, at the gym, or eating something good.

I love balancing a busy career with family time and enjoying the little and not so little things in life.



DID YOU KNOW?

Overdoses made up almost 10% of workplace deaths in 2024. That's from the Bureau of Labor Statistics.

OSHA's Sept. 24 guidance says to keep opioid overdose reversal medication accessible, train workers to use it, and call 911.

So, is Narcan in your first aid kit? Does your team know where it is? Is the tourniquet in there a REAL tourniquet? Does your Emergency Action Plan cover a medical emergency?

If you said no to any of these, we can help! We offer Narcan training, Stop the Bleeding, First Aid/CPR/AED, Emergency Action Plan training, and our First Aid Kit Service.

Want the full rules? Go straight to the source.

DOWNLOAD THE OSHA PUBLICATION!

DO THIS TODAY

Open your first aid kit. Check it against the list above.

Missing something?

Email us TODAY for Narcan training, Stop the Bleeding, First Aid/CPR/AED, Emergency Action Plan training, and our First Aid Kit Service.

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!