



## NEW OSHA FACT SHEET: Is Narcan Part of Your First Aid Plan?

### NEW OSHA FACT SHEET: OPIOID OVERDOSE RESCUE

In September 2026, OSHA released "Opioid Overdose Rescue with Reversal Medications."

Why? OSHA says an overdose at work is a serious health and safety issue. Managers, supervisors, and employees should know what to do.



### OSHA'S PREPAREDNESS STRATEGIES

1. Keep a reversal medication on hand. Naloxone and nalmefene are the two FDA-approved options. Some naloxone nasal sprays are sold without a prescription. Assign someone to track expiration dates.
2. Make it easy to find. Keep it visible and within reach, like next to your AED or first aid kit. Clear signs help.
3. Know the signs. Slow or stopped breathing. Blue lips. Pinpoint pupils. Unresponsiveness. A gurgling or snoring sound is a red flag.
4. Train your team. Cover how to use it, the recovery position, and when another dose may be needed. And



**TIP:** Nasal sprays are the most common type and don't need needles. OSHA still suggests a training program.

ALWAYS call 911, even if the person wakes up.

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## DID YOU KNOW?

This Fact Sheet is NOT a new rule. OSHA says it doesn't impose any new compliance requirements.

But OSHA does say your people should know what to do if someone overdoses at work.

So, do you keep Narcan on site? Is your team trained to use it? Does your Emergency Action Plan cover an overdose?

If not, ask us. We offer Narcan training, First Aid/CPR/AED, and Emergency Action Plan training. We can help.

## YOUR ONE STEP TODAY

Walk over to your first aid kit or AED. Is there Narcan next to it?

Not there?

**Email us TODAY for Narcan training, First Aid/CPR/AED, and Emergency Action Plan training**

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Cook Professional Resources, Inc | PO Box 3488 | Worcester, MA 01613 US

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