

# Medication in First Aid Kits

## OHS information for employers

### KEY INFORMATION

- First aiders may assist with medication in cases where the casualty is unable to take his/her own medication without assistance.
- For employers considering naloxone, please review

[Naloxone in the Workplace: OHS Information for Workers and Employers](#)

### What is the Issue?

There are questions about whether medications should be included in first aid kits.

### What to consider when dealing with medication at the work site?

Including medication in first aid kits falls outside of the scope of first aid. Routine inclusion of over-the-counter medications in first aid kits is not recommended as there are potential adverse outcomes.

If it is determined that it is necessary to provide medication at the work site, a physician should write policies and procedures to cover their use. Health care professionals should then be designated to administer medications.

If there are medications at the work site, it is important that there is a regular process to check that these medications are not expired.

In workplace first aid courses in Alberta, first aiders are taught that they may assist the casualty with his/her own medication in cases where the individual is unable to take the medication without assistance.

The goals of a first aider are to preserve life, alleviate suffering, prevent increased severity of the injury or illness and promote recovery. It is important for the first aider to do no harm when providing first aid.

### What are the Legislative Requirements?

Employers must provide and maintain first aid kits that meet the requirements in the Alberta Occupational Health and Safety (OHS) Code. Additional equipment or supplies may be indicated as a result of a hazard assessment.

Anyone responsible for providing first aid services at the workplace needs to understand what is required by law.

First aiders are to be competent when providing care. The OHS Code defines “competent” to mean: adequately qualified, suitably trained and with sufficient experience to safely perform work without supervision or with only a minimal degree of supervision.

# Medication in First Aid Kits

## Contact Us

### OHS Contact Centre

Edmonton & Surrounding area

- 780-415-8690

Throughout Alberta

- 1-866-415-8690

Deaf or hearing impaired:

- 780-427-9999 (Edmonton)
- 1-800-232-7215 (Alberta)

### Website

[work.alberta.ca/ohs-contact-us](http://work.alberta.ca/ohs-contact-us)

## Get Copies of OHS Act, Regulation and Code

### Alberta Queen's Printer

[www.qp.gov.ab.ca](http://www.qp.gov.ab.ca)

### Occupational Health and Safety

[work.alberta.ca/ohs-legislation](http://work.alberta.ca/ohs-legislation)

## FOR MORE INFORMATION:

[Naloxone in the Workplace: OHS Information for Workers and Employers \(CH076\)](#)

[Workplace First Aiders and Legal Requirements \(FA011\)](#)

[First Aid Records \(FA009\)](#)

[Quality Management Plan Requirements for First Aid Training in Alberta Workplaces \(FA010\)](#)

[Developing a First Aid Plan \(FA012\)](#)

[Oxygen Equipment and Related Training Requirements at Work Sites \(FA013\)](#)

[Automated External Defibrillators in the Workplace \(FA015\)](#)

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