



A Complete Safety Guide for Construction Companies

Construction work comes with real risks. From heavy equipment to elevated work areas, job sites require thoughtful planning and consistent safety practices to protect everyone involved.

This guide outlines the core safety components construction companies should have in place to stay compliant, protect their teams, and keep projects moving without unnecessary risk.



1. Understanding OSHA Requirements on Job Sites

Construction is one of the most heavily regulated industries when it comes to workplace safety. OSHA has clear requirements that apply to job sites, including standards for first aid availability, emergency response planning, and medical services under OSHA 29 CFR 1926.

Employers are expected to ensure that: →



Meeting these requirements consistently takes planning, clear oversight, and the right systems in place.

We help construction companies put those systems in place by identifying what is required, delivering the right training and equipment, and managing the documentation needed to stay compliant and reduce liability.

First aid supplies are readily available

At least one person trained in first aid is present when medical services are not immediately accessible

AEDs are available when appropriate

Safety training is documented

Equipment inspections are maintained

2. Site-Specific Emergency Planning

OSHA requires employers to assess workplace hazards and ensure proper medical services and first aid are available under 29 CFR 1926. That means emergency planning should be tailored to each job site, not copied from a template.

Construction companies should have:

Designated trained personnel on site when medical facilities are not readily accessible

Clear access routes for emergency responders

Site-specific safety plans that address fall risks, electrical hazards, heavy equipment, and heat exposure

Regular safety briefings or toolbox talks that reinforce emergency procedures

When emergency planning reflects the actual conditions of the job site, crews respond more confidently and coordination improves. And that's exactly what we aim for when we work with construction companies.

3. CPR, First Aid, and AED Training for Crews

OSHA requires trained personnel on site when medical facilities are not in close proximity. But, beyond compliance, training gives crews the confidence to respond immediately instead of waiting for help.

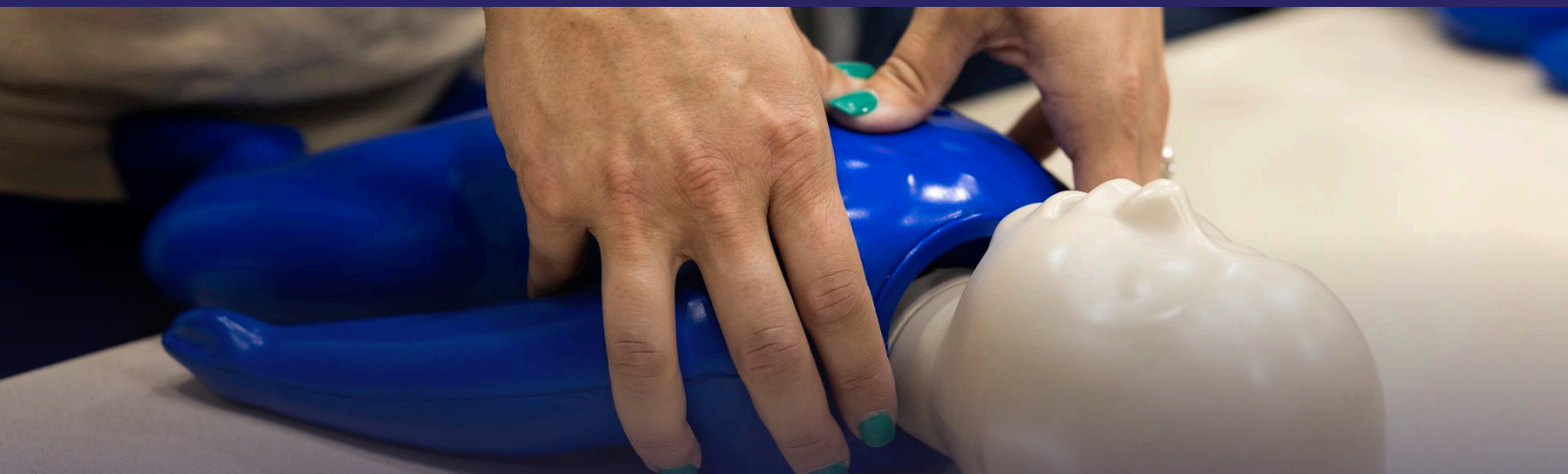
Supervisors, foremen, safety managers, and crew leaders should be trained in CPR, AED use, and basic first aid. Our approach is hands-on, and practical, tailored to specific construction scenarios which makes training more effective and easier to apply in real situations.

When crews are trained, response times improve and job sites become safer overall. Go here to book a session that fits your crew's schedule: <https://miamifirstaid.com/custom-class/>

4. Bleeding Control and Trauma Preparedness

Construction environments carry a higher risk of serious injuries, including deep cuts and heavy bleeding.

Job sites should have properly stocked first aid kits and bleeding control supplies that are easy to access. Team members should understand how to respond in the first few minutes after an injury occurs. Knowing how to act quickly can help prevent a situation from becoming more serious.



5. AED Placement and Maintenance

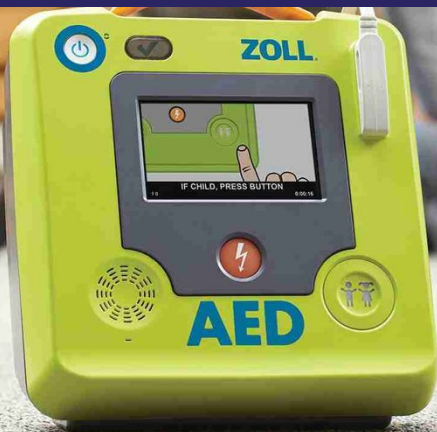
Sudden cardiac arrest does not only happen in office settings. Physical labor, heat, and high stress environments increase the importance of cardiac preparedness. If AEDs are placed on site, they must be maintained, inspected, and documented properly. Batteries and pads must be current, and equipment should be easily accessible to crews. A structured AED program ensures equipment is ready when it is needed and that documentation is available in case of inspection.

Learn more about our AED Management Program for Construction companies here: <https://miamifirstaid.com/aed-services/>

6. Documentation, Accountability, and Job Site Readiness

Construction sites often involve multiple contractors, rotating crews, and changing conditions. Clear documentation and accountability become essential, not just for compliance, but for protecting your company if an incident occurs. Training records, equipment inspections, safety meeting logs, and incident reports should be organized and accessible. In the event of an OSHA inspection or insurance review, having everything in place can make a significant difference. A structured safety program supports not only your crew, but your company's long-term stability. We work with construction companies to keep their safety systems organized, documented, and ready when it matters most.

If you would like support reviewing your documentation, training records, or overall job site readiness, contact us today at (866)-277-2337.



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