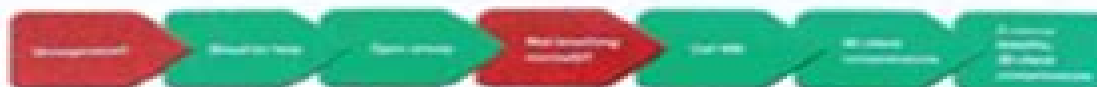




# Basic advice on first aid at work

This poster contains basic advice on first aid for use in an emergency. It is not a substitute for effective training.



## What to do in an emergency

### Prevent

- Stop the incident - do not get involved if danger
- Move the casualty
- Remove or control any potential harm - use appropriate equipment
- Stop the incident if you can

### Check for a response

- Shake the casualty's shoulder and ask loudly 'Are you all right?'
- If there is no response, tap the person's face
- Check for pulse
- Check for breathing
- Call for help

### Severe bleeding

- Stop the bleeding
- Apply direct pressure to the wound
- Use a clean cloth or dressing and bandage firmly
- Apply direct pressure and bandage firmly

How to call an ambulance

How to get a first aider

## Airway

- To open the airway
- Tilt the head back on the casualty's shoulder and gently lift the chin
- Lift the jaw with your fingers



## Breathing

- Look, listen and feel for normal breathing for no more than 10 seconds
- Look for chest movement
- Listen at the casualty's mouth for breath sounds
- Feel for breath on your cheek



- No visibility of breathing normally
- Signs of life (movement, response)
- Gurgling
- Signs of uncontrolled bleeding
- No visibility of breathing normally
- Gurgling
- Signs of life (movement, response)
- Signs of uncontrolled bleeding



## CPR

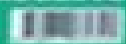
- No response/normal breathing
- Position the casualty on a flat, firm surface, prone (on their stomach) or on their side
- Support the head or chin with your hand
- Give 30 compressions over the sternum (middle)



- Give 30 compressions over the sternum (middle)
- Give 2 breaths (mouth-to-mouth) and allow your mouth to cover the casualty's mouth, not overlapping
- Allow normally air to flow back into the lungs
- Continue with 30 compressions over the sternum (middle) and 2 breaths (mouth-to-mouth) and allow your mouth to cover the casualty's mouth, not overlapping
- Give 30 compressions over the sternum (middle) and 2 breaths (mouth-to-mouth) and allow your mouth to cover the casualty's mouth, not overlapping



Health and Safety Executive



# Basic Advice On First Aid At Work

**RS Peters**



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