



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

First aid

- Stay calm and think
- Assess the situation – do you get involved or danger?
- Check for danger
- Check for response
- Call for help
- Provide first aid
- Arrange for transport
- Report the incident

Check for a response

- Gently shake the casualty's shoulder and ask loudly, "Are you all right?"
- If there is no response, shout "Someone help!"
- Check for:

 - Breathing
 - Pulse
 - Consciousness
 - Any other injuries

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
- If the bleeding does not stop, call for help

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 forward
- Lift the jaw and lower the tongue



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
- Gurgles or snoring sounds
- Gurgling
- Gaps between normal breathing
- No visibility of chest movement
- No pulse
- No carotid compressions (over 12%)



CPR

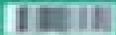
- No response/normal breathing
- Position the casualty and tilt the casualty's head back
- Open the airway
- Tilt the head back on the casualty's shoulder and gently lift the chin forward
- Look, listen and feel for normal breathing for no more than 10 seconds
- Give 30 compressions over the sternum



- Give 30 compressions over the sternum
- Give 2 breaths into the mouth or via a pocket mask, and allow your mouth to seal the casualty's mouth, using airtight seal
- Allow normally see the chest rise
- Continue for 2 minutes
- Re-check for normal breathing
- Give 30 compressions over the sternum
- Give 2 breaths into the mouth or via a pocket mask, and allow your mouth to seal the casualty's mouth, using airtight seal
- Continue with 30 compressions over the sternum and 2 breaths into the mouth or via a pocket mask, and allow your mouth to seal the casualty's mouth, using airtight seal



Health and Safety Executive



Basic Advice On First Aid At Work

David S. Collins, Robert J. Huey



Basic Advice On First Aid At Work:

Basic Advice on First Aid at Work GREAT BRITAIN: HEALTH AND SAFETY EXECUTIVE.,2017-12-08 This leaflet contains basic advice on first aid for use in an emergency It is designed to help employees deal with first aid incidents at work FAW and contains easy to understand diagrams and photographs which illustrate the advice It is not a substitute for effective training but should be used as a reminder or study aid **Basic Advice on First Aid at Work** Great Britain. Health and Safety Executive,1999 Workplace Law Handbook 2011 - Health and Safety, Premises and Environment Handbook ,2010

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Gracey's Meat Hygiene David S. Collins, Robert J. Huey, 2015-01-20 GRACEY S MEAT HYGIENE Gracey's Meat Hygiene 11th edition is the definitive reference for veterinarians working in meat hygiene control This new edition of a classic text reflects the recent significant changes in science legislation and practical implementation of meat hygiene controls in the United Kingdom Europe and worldwide since the 10th edition was published in 1999 This book is an excellent practical guide for teaching food hygiene to veterinary students worldwide laying the foundations of food animal anatomy the humane

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Basic Advice on First Aid at Work HSE Books,1999-04-22 **Basic Advice on First Aid at Work (pack Of 10)** Great Britain: Health and Safety Executive,2011 **Introduction to Health and Safety in Construction** Phil Hughes,Ed Ferrett,2005 Fully covers the syllabus for the NEBOSH National Examination Board in Occupational Safety and Health United Kingdom Deals with the majority of construction activities as well as the key health and safety areas identified by the HSE Includes a summary of the main legislation ideal as a reference for students as well as managers in the construction industry cover The Stationery Office Annual Catalogue Stationery Office (Great Britain),2017 **Basic Advice on First Aid at Work** Great Britain. Health and Safety Commission,Health And Safety Executive Staff,1994-12-01 LRD Booklets ,1999 **The Foundryman** ,2002 **Safety and Health at Work, ILO-CIS Bulletin** ,1998 Safety and Health at Work ,1999 *Workplace Report* ,2007 **Landwards** ,2000 *Do-It-Yourself Workshop* John McGowan,2003 This is an essential and practical guide containing all the information on basic tools and materials that the do it yourself enthusiast will need

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