



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

- Stay calm and think
- Assess the situation – do you get involved or help?
- Send for help
- Check the casualty and control life-threatening conditions
- Deal with life-threatening injuries

Check for a response

- Check if the casualty is conscious and can hear, see or respond
- Check for breathing, pulse, colour, skin
- Check for injury
- Check for danger
- Check for medical conditions
- Check temperature, colour

Severe bleeding

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

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
- Green or no response to rescue breathing
- No injury
- Check for continued breathing
- No visibility of normal breathing
- No injury
- Green or no response to rescue breathing



CPR

- No response to rescue breathing
- No visible chest movement and no breath sounds
- No visible chest movement and no breath sounds
- No visible chest movement and no breath sounds
- No visible chest movement and no breath sounds



- Give the casualty 30 chest compressions
- Give 2 rescue breaths and allow your mouth to cover the casualty's mouth, nose and eyes
- Give normally 100 chest compressions
- Continue with 30 chest compressions
- Give 2 rescue breaths and allow your mouth to cover the casualty's mouth, nose and eyes
- Give normally 100 chest compressions
- Continue with 30 chest compressions
- Give 2 rescue breaths and allow your mouth to cover the casualty's mouth, nose and eyes
- Give normally 100 chest compressions
- Continue with 30 chest compressions



Health and Safety Executive



Basic Advice On First Aid At Work

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Basic Advice On First Aid At Work:

Basic Advice On First Aid At Work: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels enthraling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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