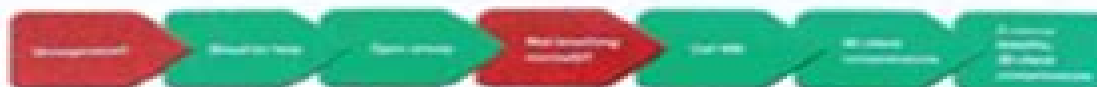




Basic advice on first aid at work

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?
- Control the scene
- Control the situation and prevent further injury or damage
- Call for help

Check for a response

- Check for a response – do you get involved or help?
- Check for a response – do you get involved or help?
- Check for a response – do you get involved or help?
- Check for a response – do you get involved or help?

Severe bleeding

- Stop the bleeding
- Stop the bleeding
- Stop the bleeding
- Stop the bleeding

How to call an ambulance

How to get a first aid kit

Airway

- To open the airway
- To open the airway
- To open the airway



Breathing

- Look, listen and feel for normal breathing for no more than 10 seconds
- Look for chest movement
- Listen for normal breathing
- Feel for normal breathing



- The inability to breathe normally
- The inability to breathe normally
- The inability to breathe normally

CPR

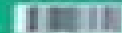
- To respond to unconsciousness
- To respond to unconsciousness
- To respond to unconsciousness



- Give the resuscitator a good seal and use the resuscitator
- Give the resuscitator a good seal and use the resuscitator
- Give the resuscitator a good seal and use the resuscitator



Health and Safety Executive



Basic Advice On First Aid At Work

Christian G. Meyer



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