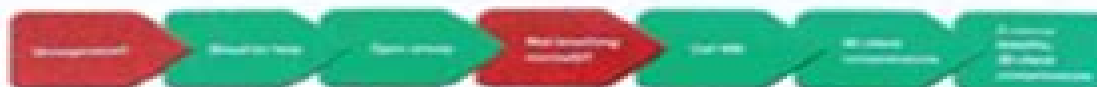




# Basic advice on first aid at work

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
- Warn the other staff
- Remove the casualty and control the scene if appropriate and unless this may do further harm

### Check for a response

- Check the casualty's response and airway. Are you all right?
- Check for breathing, pulse, responsiveness
- Check for injury
- Check for danger
- Check for medical conditions
- Check for allergies

### Severe bleeding

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

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 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 air on your cheek



## CPR

- To respond to an unconscious casualty
- Position the casualty and ask someone to help, give them the phone number of the hospital and the address of the casualty
- Open the airway and check for breathing
- Give 30 compressions over the sternum



- The casualty is breathing normally
- Give 30 compressions over the sternum
- Give 2 breaths
- Check for normal breathing
- The casualty is not breathing
- Give 30 breaths
- Give 30 compressions over the sternum



Health and Safety Executive



# Basic Advice On First Aid At Work

**Camilla Rothe**



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