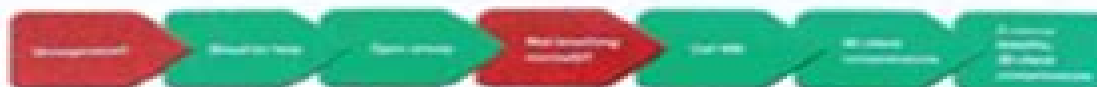




Basic advice on first aid at work

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 not get involved if danger
- Check for danger
- Check for response
- Call for help
- Provide first aid
- Monitor the casualty
- Arrange for the casualty to be transported

Check for a response

- Gently shake the casualty's shoulder and ask loudly, "Are you all right?"
- If there is no response, shout "Someone is hurt!"
- Call for help
- Check for danger
- Check for response
- Call for help
- Provide first aid
- Monitor the casualty
- Arrange for the casualty to be transported

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
- Apply direct pressure and bandage firmly
- Apply direct pressure and bandage firmly

How to call an ambulance

How to get a first aid kit

Airway

- To open the airway
- Tilt the head back on the casualty's shoulder and gently lift the chin
- Lift the jaw with two 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 response or breathing normally
- Give 2 rescue breaths
- Start CPR
- Check for continued breathing
- No response or not breathing normally
- Start CPR
- Check for continued breathing
- No response or not breathing normally
- Start CPR
- Check for continued breathing



CPR

- No response or breathing normally
- Give 2 rescue breaths
- Start CPR
- Check for continued breathing
- No response or not breathing normally
- Start CPR
- Check for continued breathing
- No response or not breathing normally
- Start CPR
- Check for continued breathing



- Give 2 rescue breaths
- Start CPR
- Check for continued breathing
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- Start CPR
- Check for continued breathing



Health and Safety Executive



Basic Advice On First Aid At Work

ML Morrison



Basic Advice On First Aid At Work:

Basic Advice On First Aid At Work Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has are more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Basic Advice On First Aid At Work**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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