



# 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 danger?
- Check for danger
- Check for response
- Call for help
- Provide first aid
- Arrange for transport
- Stay with the casualty

### 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

### 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
- 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
- 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 response or breathing normally
- Give 2 rescue breaths
- Call for help
- Check for continued breathing
- No response or not breathing normally
- Call for help
- Give 2 rescue breaths (see CPR)



## CPR

- No response or breathing normally
- Give 2 rescue breaths
- Give 30 chest compressions
- Give 2 rescue breaths
- Repeat as long as there is no response or breathing normally
- Call for help
- Give 2 rescue breaths (see CPR)



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Health and Safety Executive



# Basic Advice On First Aid At Work

**E Durkheim**



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