



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 casualty from moving
- Remove the casualty from any potential danger
- Do not touch the casualty
- Do not give the casualty anything to eat or drink
- Do not give the casualty anything to drink

Check for a response

- Tap the casualty on the shoulder and ask 'Are you all right?'
- If there is no response, shout for help
- Check for a pulse
- Check for breathing
- Call for help

Severe bleeding

- Stop the bleeding
- Apply direct pressure to the wound
- Use a clean cloth or dressing and hold it in place
- Apply direct pressure and hold it in place

How to call an ambulance

How to get a first aider

Airway

- To open the airway
- Tilt the head back on the casualty's neck 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 visibility of breathing normally
- Gurgling or snoring sounds
- Gurgling
- No or abnormal breathing
- No or abnormal chest movement
- No or abnormal sounds
- No or abnormal breath on your cheek



CPR

- No response/normal breathing
- No normal chest movement and no breath sounds
- No normal sounds of the respiratory system



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



Health and Safety Executive



Basic Advice On First Aid At Work

Clifford Lane



Basic Advice On First Aid At Work:

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

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Table of Contents Basic Advice On First Aid At Work

1. Understanding the eBook Basic Advice On First Aid At Work
 - The Rise of Digital Reading Basic Advice On First Aid At Work
 - Advantages of eBooks Over Traditional Books
2. Identifying Basic Advice On First Aid At Work
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Basic Advice On First Aid At Work
 - User-Friendly Interface
4. Exploring eBook Recommendations from Basic Advice On First Aid At Work
 - Personalized Recommendations
 - Basic Advice On First Aid At Work User Reviews and Ratings
 - Basic Advice On First Aid At Work and Bestseller Lists

5. Accessing Basic Advice On First Aid At Work Free and Paid eBooks
 - Basic Advice On First Aid At Work Public Domain eBooks
 - Basic Advice On First Aid At Work eBook Subscription Services
 - Basic Advice On First Aid At Work Budget-Friendly Options
6. Navigating Basic Advice On First Aid At Work eBook Formats
 - ePub, PDF, MOBI, and More
 - Basic Advice On First Aid At Work Compatibility with Devices
 - Basic Advice On First Aid At Work Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Basic Advice On First Aid At Work
 - Highlighting and Note-Taking Basic Advice On First Aid At Work
 - Interactive Elements Basic Advice On First Aid At Work
8. Staying Engaged with Basic Advice On First Aid At Work
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Basic Advice On First Aid At Work
9. Balancing eBooks and Physical Books Basic Advice On First Aid At Work
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Basic Advice On First Aid At Work
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Basic Advice On First Aid At Work
 - Setting Reading Goals Basic Advice On First Aid At Work
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Basic Advice On First Aid At Work
 - Fact-Checking eBook Content of Basic Advice On First Aid At Work
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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