



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

First aid

- 1. Assess the situation – do not put yourself in danger.
- 2. Check for danger.
- 3. Check for response.
- 4. Call for help (if necessary) and get help if you are unable to do this.
- 5. Provide first aid.

Check for a response

- 1. Gently shake the casualty's shoulder and ask loudly, "Are you all right?"
- 2. If there is no response, shout "Help!"
- 3. Check for pulse.
- 4. Check for breathing.
- 5. Check for normal breathing.
- 6. Call for help if you can.

Severe bleeding

- 1. Stop the bleeding.
- 2. Apply direct pressure to the wound.
- 3. Use a clean cloth or dressing and bandage firmly.
- 4. Apply a dressing and bandage to the wound.

How to call an ambulance

How to get a first aider

Airway

- 1. To open the airway:
- 2. Tilt the head back on the casualty's shoulder and gently lift the chin.
- 3. Lift the jaw with your fingers.



Breathing

- 1. Look, listen and feel for normal breathing for no more than 10 seconds.
- 2. Look for chest movement.
- 3. Listen to the casualty's mouth for breath sounds.
- 4. Feel for breath on your cheek.



- 1. No visibility of breathing normally.
- 2. Gurgling or snoring sounds.
- 3. Snoring.
- 4. Gurgling sounds from mouth.
- 5. No visibility of chest movement.
- 6. No sound.
- 7. No breath sounds from chest.



CPR

- 1. To perform mouth-to-mouth:
- 2. Tilt the casualty's head back, open the airway, pinch the nostrils, and give a breath of air.
- 3. Repeat at a rate of about 10-12 times a minute.
- 4. After 20 compressions, take 2 breaths.



- 1. Give the casualty 30 chest compressions at the correct depth.
- 2. Use a heel of your hand and allow your forearm to rest on the casualty's forehead, interlocking your hands.
- 3. Allow the chest to rise fully with each compression.
- 4. Push down on the chest using your weight to push the casualty's chest back to the normal position.
- 5. Give a normal breath and let the air come out of the mouth without delay.
- 6. Continue with 30 chest compressions, giving a breath at a rate of 100-120 per minute (roughly 2 per second) for the casualty with a normal breathing rhythm.



Health and Safety Executive



Basic Advice On First Aid At Work

Lei Shi



Basic Advice On First Aid At Work:

Basic Advice on First Aid at Work GREAT BRITAIN: HEALTH AND SAFETY EXECUTIVE.,2017-12-08 This leaflet contains basic advice on first aid for use in an emergency It is designed to help employees deal with first aid incidents at work FAW and contains easy to understand diagrams and photographs which illustrate the advice It is not a substitute for effective training but should be used as a reminder or study aid *Basic Advice on First Aid at Work* Great Britain. Health and Safety Executive,1999 **Basic Advice on First Aid at Work** Great Britain. Health and Safety Executive,1997

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