



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 help!"
- 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 or 3 rescue breaths
- Call for help
- Check for continued breathing
- No response or not breathing normally
- Call for help
- Give 2 or 3 rescue breaths (see CPR)



CPR

- No response or breathing normally
- Give 2 or 3 rescue breaths
- Give 30 chest compressions
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Health and Safety Executive



Basic Advice On First Aid At Work

Phil Hughes, Ed Ferrett

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

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 *Workplace Law Handbook 2011 - Health and Safety, Premises and Environment Handbook* ,2010 **Mosby's Textbook of Dental**

Nursing Mary Miller,Crispian Scully,2015-07-14 Richly illustrated in stunning full colour throughout this new volume builds on the success of the previous edition and covers everything you need to know to get through your exams safely with the minimum of stress Prepared in a no nonsense easy to read fashion Mosby s Textbook of Dental Nursing second edition covers the A Z of the latest curriculum and contains an array of helpful pull out boxes and other learning features to help you recall key facts Fully updated with the latest information on legislation and professional practice including the appropriate use of Social Media this volume includes updated and new information on anatomy charting drug allergy governance and care of minority and vulnerable groups Prepared by leading authorities in the field Mosby s Textbook of Dental Nursing second edition is ideal for candidates sitting NEBDN exams as well as serving as a ready reference for fully qualified dental nurses and therapists in the hospital community or general practice setting Ideal for all pre registration nursing students Friendly no nonsense writing style makes learning easy Stunning Gray s Anatomy artwork aids understanding of human structure and function Useful learning features include Terms to Learn Key Points and Identify and Learn boxes Over 150 photographs further bring the subject to life Fully updated throughout to incorporate all aspects of the NEBDN pre registration syllabus Accompanying website includes MCQs and other helpful revision aids to help you prepare for exams Presents new information on aspects of anatomy charting drug allergy minority and vulnerable groups fire safety and security Discusses the latest guidance on the use of Social Media Downloadable image bank helps you prepare essays and assignments

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Introduction to Health and Safety at Work Phil Hughes, Ed Ferrett, 2009 Introduction to Health and Safety at Work has been developed for the NEBOSH National General Certificate in Occupational Safety and Health Each element of the syllabus has a dedicated chapter and both taught units are covered in this book A chapter on international aspects also makes this book suitable for the NEBOSH International General Certificate in Occupational Safety and Health Previous editions of this book have been used for other NVQ level 3 and 4 courses in health and safety Full colour pages and hundreds of illustrations bring health and safety to life To make studying easier each chapter starts with learning outcome summaries and ends with questions taken from recent NEBOSH examinations Specimen answers and a study skills chapter aid exam preparation As an introduction to all areas of occupational safety and health the book acts as a practical reference for managers and directors with health and safety responsibilities and safety representatives It covers the essential elements of health and safety management the legal framework risk assessment and control standards and includes handy forms and checklists New in this edition Updated throughout in line with changes in the regulations Learning outcomes now included at the beginning of each chapter Companion website with downloadable health and safety forms Endorsed by NEBOSH Student friendly presentation in full colour packed with illustrations and photographs Revision questions and sample answers taken from recent NEBOSH examinations to test your knowledge Includes a summary of the main legal requirements ideal for both students and managers A free companion website is also available at www.elsevierdirect.com/companions/9781856176682 and features Editable health and safety forms Selected appendices sections in electronic format Phil Hughes MBE MSc CFIOSH is a former Chairman of NEBOSH 1995 2001 former President of IOSH 1990 1991 and runs his own consultancy He received an MBE for services to health safety and as a director of RoSPA in the New Years Honours List 2005 Ed Ferrett PhD BSc Hons Eng CEng MIMechE MIET CMIOSH is a former Vice Chairman of NEBOSH 1999 2008 and a lecturer on NEBOSH courses at Cornwall Business School of Cornwall College He is a Chartered Engineer and a health and safety consultant

Gracey's Meat Hygiene David S. Collins, Robert J. Huey, 2015-01-20 GRACEY S MEAT HYGIENE Gracey's Meat Hygiene 11th edition is the definitive reference for veterinarians working in meat hygiene control This new edition of a classic text reflects the recent significant changes in science legislation and practical implementation of meat hygiene controls in the United Kingdom Europe and worldwide since the 10th edition was published in 1999 This book is an excellent practical guide for teaching food hygiene to veterinary students worldwide laying the foundations of food animal anatomy the humane

slaughter of animals for food and practical production hygiene New chapters address the increased concern of operators inspectors and the public to issues of animal welfare and recognise the role of the profession and interest from the consumer in environmental protection Key features include the following Fully updated new edition in a refreshed design with colour photographs and illustrations throughout Includes new content on meat hygiene inspection covering the components of an integrated food safety management system as well as animal health and welfare controls in the farm to fork system A practical approach to health and safety in meat processing is outlined by identifying the hazards and then describing how these can be best controlled With contributions from veterinary and industry experts this edition is both a valuable teaching aid and a practical reference for veterinarians and all food business operators and their staff *Basic Advice on First Aid at Work (pack Of 10)* Great Britain: Health and Safety Executive,2011 **Basic Advice on First Aid at Work** Great Britain. Health and Safety Commission,Health And Safety Executive Staff,1994-12-01 *Basic Advice on First Aid at Work* HSE Books,1999-04-22 **The Stationery Office Annual Catalogue** Stationery Office (Great Britain),2017 *LRD Booklets* ,1999 **Introduction to Health and Safety in Construction** Phil Hughes,Ed Ferrett,2005 Fully covers the syllabus for the NEBOSH National Examination Board in Occupational Safety and Health United Kingdom Deals with the majority of construction activities as well as the key health and safety areas identified by the HSE Includes a summary of the main legislation ideal as a reference for students as well as managers in the construction industry cover **The Foundryman** ,2002 *Safety and Health at Work, ILO-CIS Bulletin* ,1998 **Workplace Report** ,2007 *Landwards* ,2000 *Safety and Health at Work* ,1999 **Do-It-Yourself Workshop** John McGowan,2003 This is an essential and practical guide containing all the information on basic tools and materials that the do it yourself enthusiast will need

Unveiling the Magic of Words: A Overview of "**Basic Advice On First Aid At Work**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Basic Advice On First Aid At Work**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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