



Basic advice on first aid at work

The poster explains how to respond to an injury or an emergency at work and a checklist for first aiders.



What to do in an emergency

1. Stop work
2. Warn others
3. Get help
4. Call the ambulance
5. Get the injured person to safety

6. Don't move the injured person unless it is absolutely necessary
7. Don't give the injured person anything to eat or drink
8. Don't give the injured person any medicine

First Aid Kit

1. First Aid Kit
2. First Aid Certificate
3. First Aid Training

4. First Aid Training

5. First Aid Training

6. First Aid Training

1. Assess

1. Check for danger
2. Check for response
3. Check for breathing



2. Breathe

1. Check for breathing
2. If not breathing, give 2 rescue breaths



3. CPR

1. Give 30 chest compressions
2. Give 2 rescue breaths



3. Move

1. Only move if necessary
2. Use correct technique



4. Call

1. Call the ambulance
2. Give the ambulance crew the details of the injury



5. Care

1. Keep the injured person warm
2. Reassure the injured person



Health and Safety Executive
www.hse.gov.uk

Basic Advice On First Aid At Work

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