



Basic advice on first aid at work

The poster explains how to help someone who is injured or unwell at work or on their way to work.



What to do in an emergency

1. Stay calm.
2. Assess the situation.
3. Call for help.
4. Provide first aid.

5. If you are unsure, call 112 for advice.
6. If you are unsure, call 112 for advice.

7. If you are unsure, call 112 for advice.
8. If you are unsure, call 112 for advice.

9. If you are unsure, call 112 for advice.
10. If you are unsure, call 112 for advice.

1. Assess

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



2. Breathing

1. Look for chest movement.
2. Listen for breath sounds.
3. Feel for air on your face.



3. CPR

1. Lay the person flat on their back.
2. Tilt their head back.
3. Pinch their nose shut.



4. Give 30 chest compressions.
5. Give 2 rescue breaths.
6. Repeat steps 4 and 5.

7. Continue until help arrives.
8. Stop if you are exhausted.



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R Sandford



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