



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 or from 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. Do not move the person unless it is necessary for their safety.

7. If you are unsure, call 112 for advice.
8. Do not move the person unless it is necessary for their safety.

9. Do not give food or drink.

10. Do not give medicine.

1. Assess

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



2. Breathe

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



3. CPR

1. Call 112 for help.
2. Start CPR.
3. Continue until help arrives.



1. Lay the person on their side.
2. Bend the top leg.
3. Pull the bottom leg up.

1. Call 112 for help.
2. Start CPR.
3. Continue until help arrives.



Health and Safety Executive
www.hse.gov.uk

Basic Advice On First Aid At Work

John McGowan



Basic Advice On First Aid At Work:

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