



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. Stop work
2. Get help
3. Call the ambulance
4. Get the injured person to a safe place
5. Get the injured person to a hospital

6. Get the injured person to a hospital
7. Get the injured person to a hospital
8. Get the injured person to a hospital

9. Get the injured person to a hospital
10. Get the injured person to a hospital

11. Get the injured person to a hospital
12. Get the injured person to a hospital

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 two rescue breaths



3. If breathing, give two rescue breaths

3. CPR

1. Give two rescue breaths



2. Give 30 chest compressions



Health and Safety Executive
www.hse.gov.uk

Basic Advice On First Aid At Work

Clifford Lane



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