



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 for a first aid kit
4. Call for an ambulance

5. Don't move the injured person unless it is necessary to prevent further injury or to get them to a safe place

6. Give first aid if you are trained to do so

7. Stay calm

8. Record the incident

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 breath on your face



4. If the person is not breathing, give them mouth-to-mouth or use a resuscitator

3. CPR

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



3. Repeat steps 1 and 2 until help arrives or the person starts breathing



Health and Safety Executive
www.hse.gov.uk

Basic Advice On First Aid At Work

E Durkheim



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Table of Contents Basic Advice On First Aid At Work

1. Understanding the eBook Basic Advice On First Aid At Work
 - The Rise of Digital Reading Basic Advice On First Aid At Work
 - Advantages of eBooks Over Traditional Books
2. Identifying Basic Advice On First Aid At Work
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Basic Advice On First Aid At Work
 - User-Friendly Interface
4. Exploring eBook Recommendations from Basic Advice On First Aid At Work
 - Personalized Recommendations
 - Basic Advice On First Aid At Work User Reviews and Ratings
 - Basic Advice On First Aid At Work and Bestseller Lists
5. Accessing Basic Advice On First Aid At Work Free and Paid eBooks
 - Basic Advice On First Aid At Work Public Domain eBooks
 - Basic Advice On First Aid At Work eBook Subscription Services
 - Basic Advice On First Aid At Work Budget-Friendly Options
6. Navigating Basic Advice On First Aid At Work eBook Formats

- ePub, PDF, MOBI, and More
 - Basic Advice On First Aid At Work Compatibility with Devices
 - Basic Advice On First Aid At Work Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Basic Advice On First Aid At Work
 - Highlighting and Note-Taking Basic Advice On First Aid At Work
 - Interactive Elements Basic Advice On First Aid At Work
 8. Staying Engaged with Basic Advice On First Aid At Work
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Basic Advice On First Aid At Work
 9. Balancing eBooks and Physical Books Basic Advice On First Aid At Work
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Basic Advice On First Aid At Work
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Basic Advice On First Aid At Work
 - Setting Reading Goals Basic Advice On First Aid At Work
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Basic Advice On First Aid At Work
 - Fact-Checking eBook Content of Basic Advice On First Aid At Work
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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