



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

1. Assess

Check for:
- Danger
- Response
- Breathing



2. Breathe

Check for:
- Breathing
- Pulse



1. Tilt the person's head back.
2. Pinch the person's nose.
3. Breathe into the person's mouth.

3. CPR

Check for:
- Breathing
- Pulse



1. Tilt the person's head back.
2. Pinch the person's nose.
3. Breathe into the person's mouth.



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