



# Basic advice on first aid at work

The poster explains how to respond to an emergency in a way that is safe for everyone.



## What to do in an emergency

1. Stop work  
2. Warn others  
3. Call for help  
4. Get help

5. Stay with the injured person  
6. Don't move them unless it's necessary  
7. Don't give them anything to eat or drink

## First Aid

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

4. Call for help

5. Give first aid

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



### 4. Give first aid

1. Give first aid  
2. Call for help



Health and Safety Executive  
www.hse.gov.uk

# Basic Advice On First Aid At Work

**L Darling-Hammond**



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