

Workplace First Aid Guidance



Danger

When you approach an incident, confirm it is safe for you to do so.

Be aware of:

- Gas or electricity
- Moving objects
- Running machinery
- Traffic

If it is unsafe, deal with the hazard, only moving the casualty if there is no choice. Enlist the help of others in the vicinity and move them to a safe area.

Be aware whether someone will be aware of:

- The nature of the incident
- The number of casualties and how seriously they are injured

1

Summoning Aid

When possible wait further assistance. Try to get the attention of someone who can help. If you cannot do this, do not leave the casualty but make sure someone else can help if you are unable to.

Emergency numbers:

1. 999 (UK)
2. Request an ambulance
3. Give exact location, provide necessary details including what phone number and location

2



Responsiveness

How they may be unwell. You should make a timely assessment of the casualty's condition.

The first step is to confirm the injured person is responsive:

1. Ask them to open their eyes and answer their name if you can name it possible.
2. Try to roll the casualty to gently shaking for because of other possible injuries.

Do not move the casualty unless there is an immediate risk to them or yourself.

3



Airways

When the casualty is unresponsive:

1. Check the mouth for obstructions to breathing and remove them.
2. Tilt the casualty's head to gently tilt the head back and lift the chin to open the airway.

4



Breathing

Check the casualty is breathing:

1. Look for the rise and fall of the chest or feel close to the mouth to hear for sounds of breathing.

If the casualty is breathing:

- Do not touch the face and follow the "Unconscious & Breathing" guidance.

If the casualty is NOT breathing:

- Call the emergency services or someone nearby for help.
- Follow the "Unconscious & Not Breathing" guidance.

Confirm that a pulse is present by checking the pulse point at the wrist or neck, pressing with your first two fingers.

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Unconscious & Breathing

If the casualty is breathing but unresponsive, check the area is safe before placing them into the recovery position.

Recovery position:

1. Lie flat on your back.
2. Remove sharp objects from their pockets or clothing.
3. Turn them placing the knee and shoulder from their body.
4. Bend the upper arm so the hand is placed under the face on the same side.
5. Move what will be the upper leg by pulling it over, leaving it bent, pointing away from the body.
6. The casualty should now be lying on their side, head tilted slightly down, in a stable position.
7. Check any breathing and circulation.
8. Send someone to 'look' the casualty, in order to get the emergency services or 999 if this has not already been done.

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Unconscious & Not Breathing

Do not perform chest compressions on a casualty with a pulse. If the casualty does not have a pulse, commence CPR.

CPR:

1. Lie the casualty on a firm surface.
2. Clear your hands with the palm of one hand on top of the other and fingers extended.
3. Place your hands with the palm of one hand on top of the other on the bottom of the breastbone, in a point of up to four fingers above the navel, using your thumbs to compress. Repeat this 30 times using your thumbs.
4. Following 30 compressions, gently lift the head back, open the mouth and seal the mouth.
5. Breathe into the mouth, covering a good seal, until you see the chest rise.
6. Move from the casualty's mouth and watch the chest fall again, then repeat the breathing sequence again.
7. Continue the cycle of 30 compressions, 2 breaths, until medical help arrives. The casualty might be awake on their side or some signs of possible harm put you in danger.

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Defibrillators

If a defibrillator is available this may be used on appropriate casualty requiring resuscitation. The rescuer should complete the training after all ensure that the correct cables have been connected.



Bleeding

1. Stop potential causes
2. Do the casualty bleed?
3. Remove the injury and elevate the affected area.
4. Foreign objects are seen, do not remove them just you bleeding stops them.
5. Apply pressure to the wound by the bleeding.
6. Place a dressing over the wound and secure it.
7. Apply a further dressing if blood soaks through.
8. If the dressing soaks, remove both and use a fresh dressing.
9. Be aware that the casualty may exhibit signs of shock if they have lost considerable amounts of blood.
10. Lay the casualty down, elevate their legs and close their eyes.
11. Remove them as fast as you can.

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Fractures

1. Tell the casualty to lie still and support the injured area, being careful not to move it.
2. Following an assessment, immobilise the limb.
3. Padded or improvised, do not move it. If this is coupled with blood loss, dress around the limb but not on it.
4. Tell the casualty to rest the most comfortable position.
5. Reassure, warm the casualty.
6. By stabilising the injury, you can prevent further injury.
7. Send someone to get help.

9



Burns

Support to attend with your usual franchise the first to respond to you.

If the casualty is conscious:

1. Remove any clothing with a exception. If possible and increase the flow of cold, running water for 10-15 minutes.
2. Cover the burn with sterile, clean with a sterile dressing that will not stick them.

If the casualty is unconscious:

1. Check their air breathing before doing anything else.
2. Place the casualty in the recovery position.
3. Place wet dressings on the burn to cool them.

DO NOT:

- Remove damaged clothing
- Use dressings that stick to them
- Apply dressings too tight
- Apply alcohol, grease, oil
- Place anyone in harm

10



First Aiders are:

Name:	
First Aid Box location:	
Spreadsheet location:	
Name:	
First Aid Box location:	
Spreadsheet location:	

This guide is intended to help you provide initial assistance until qualified help arrives at an incident.

Workplace First Aid Guide Pamphlet

**Thirumalaisamy P.
Velavancorresponding**



Workplace First Aid Guide Pamphlet:

ACEP First Aid Manual 5th Edition DK,2014-09-01 A possible life saving reference to keep around the house or in the car DK s First Aid Manual looks at more than 100 different conditions from splinters and sprained ankles to strokes and unconsciousness and shows exactly what to do with step by step photographic sequences Every condition is clearly explained outlining causes symptoms and signs and action plans The updated design makes the instructions easier to follow whether you need information on emergency first aid first aid for babies and children or tips on resuscitation This ACEP First Aid Manual is an invaluable resource to keep you and your loved ones safe and healthy Hazardous Materials Reference Book Daniel J. Davis,Julie A. Davis,2006-01-23 This one stop reference gives firefighters and emergency response personnel immediate access to the page number where chemical data on nearly 1 000 substances can be located in 13 of the most frequently used references It speeds up research time by alphabetizing chemicals by name and with UN NA numbers A Short Manual of Industrial Hygiene Leonard P. Lockhart,1927 Life's Big Instruction Book CAROL; ELWOOD MADIGAN, ANN,2009-11-29 An entertaining guide to everything from the creators of The People s Almanac and The Book of Lists answers virtually any question that might arise in these information saturated times including how to choose a bank wear a condom and buy fish **Basic of Information Technology Class 10 Teacher Resource Book (Academic Year 2023-24)** ,2023-05-20 Basic of Information Technology Class 10 Teacher Resource Book Academic Year 2023 24 **The Complete Textbook of Veterinary Nursing E-Book** Victoria Aspinall,2011-04-19 The Complete Textbook of Veterinary Nursing has established itself as a recommended standard text for all veterinary nurses It is designed both to satisfy the requirements of the syllabus studied by all student veterinary nurses and to provide a wide range of information for qualified nurses working in veterinary practice This new second edition has been updated and revised to align it perfectly with the needs of a new generation of students Comprehensive content endorsed by all leading course providers Full colour illustrations for maximum clarity Written by veterinary nurses for veterinary nurses Additional online resources to maximize learning potential Improved website offers a range of film clips of essential procedures introduced and narrated by Victoria Aspinall plus comprehensive test yourself questions in both study and assessment modes All chapters revised and updated in line with changes in legislation knowledge and current practical techniques Brand new chapters on Ethics and Welfare Communication and Physiotherapy New section on Nursing Care Models to provide veterinary nurses with the necessary information to use this concept in their own practices Dog behaviour chapter updated and revised to reflect the latest thinking about the process of domestication of the dog and its relevance to training methods Additional photographs added throughout for enhanced understanding and clarity Entire text accessible as an e book with full note making referencing and search functionality **Sheehy's Manual of Emergency Care - E-Book** Emergency Nurses Association,2022-12-30 American Journal of Nursing AJN Book of the Year Awards 1st Place in Critical Care Emergency Nursing 2023 Selected for

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deWit's Fundamental Concepts and Skills for Nursing -Second South Asia Edition, E-Book Ambika Ravindran, Sonali Banerjee, 2022-09-26 Fundamental Concepts and Skills for Nursing 6th Edition prepares students to learn the basic concepts and fundamental skills that LPNs LVNs need to practice in a number of care settings including hospitals long term care facilities medical offices clinics surgery centres and home care agencies This second South Asia Edition of DeWit's Fundamental Concepts and Skills for Nursing is a uniquely featured textbook designed to make a worthy impact on its readers The book is customised as per the revised B Sc Nursing curriculum prescribed by the Indian Nursing Council INC to meet the learning requirements of undergraduate students Nursing professionals aspiring for higher education or career progression will also find this book useful for reference The full colour text contains theoretical nursing concepts step by step skills and procedures and clinical applications to build a strong foundation in the patient care experience The underlying framework of all the chapters pivots around the nursing process and also portrays the concepts like psycho social aspects critical thinking communication skills inter professional collaborations patient family education and cultural integrity Discusses more than 80 essential skills and around 30 petite forms of skills with step by step format supported with coloured illustrations along with action rationale format Each chapter starts with key terms objectives and has supportive glossary Enhanced with stimulating highpoints such as Special Clinical Cues Cultural Considerations Lifespan

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Occupational Health and Safety Management Charles D. Reese, 2018-10-08 Reflecting changes in the current health and safety landscape Occupational Health and Safety Management A Practical Approach Third Edition includes examples and tools to facilitate development and implementation of a safety and health management approach This how to book is not just an information providing text It shows you how to write a program and identify hazards as well as involve workers and attain their cooperation It emphasizes the need for better and more effective communication regarding safety and health See What's New in the Third Edition Chapters on workers compensation terrorism and Lean safety sustainability Additional coverage of flammable liquids and ventilation accident reporting and accident investigation New compliance requirements as well as expanded accident investigation environmental and risk analysis guidelines PowerPoint presentation slides for each chapter A complete and practical guide for the development and management of occupational safety and health programs in any industry setting the book supplies a management blueprint that can be used for occupational safety and health in any organization from the smallest to the largest beginning to develop or wanting to improve its safety and health approach It includes comprehensive guidelines for development of occupational health and safety programs to a variety of industries and is especially useful for start up companies The author takes a total management approach to the development of written programs the identification of hazards the mitigation of hazards by the use of common safety and health tools the development of a safe workforce through communications motivational techniques involvement and training He addresses the tracking and acceptable risk from both safety and health hazards He also discusses how to work with and within the OSHA compliance approach as well as how to deal with the OSHA regulations workers compensation terrorism and Lean safety As you understand and apply the guidelines in each chapter you can put your company on the way toward building a successful and effective safety and health effort for its employers and employees **The Good Guide to Employment** Wendy Blake Ranken, 2009

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