

First Aid in the Workplace



Breathing

1. Place casualty on their back.
2. Open the airway.
3. Check for normal breathing. Keep the airways open and look, listen and feel for breathing for no more than 10 seconds.
4. If the casualty is breathing normally, place in the recovery position.
5. If the casualty is not breathing normally:
 - a. Dial 999 immediately
 - b. Commence CPR (30 chest compressions then 2 rescue breaths)
 - c. Continue CPR until medical help arrives.



Severe Bleeding

1. Wear protective gloves and if possible an apron.
2. Control by direct pressure (using fingers and thumbs) on the bleeding point.
3. Apply a dressing.
4. Raising the bleeding limb (unless it is broken) will help reduce the blood flow.



Chemical Burns

1. Avoid contaminating yourself with the chemical.
2. Remove any contaminated clothing which is not stuck to the skin.
3. Flush with plenty of clean, cool water for 10-15 minutes.
4. Apply a sterile dressing to exposed, damaged skin and send to hospital.



Burns & Scalds

1. Do not remove clothing which is sticking to burns or scalds.
2. Flush with plenty of clean, cool water for 10-15 minutes.
3. Do not burst blisters.
4. If the burns are large or deep wear protective gloves, apply a dry sterile dressing and send to hospital.



Eyes

1. For loose foreign bodies in the eye: Wash out eye with eyewash saline.
2. For chemicals in the eye: Wash continuously with clean, cool water for 10-15 minutes.
3. People with eye injuries should be sent to the hospital with the injured eye covered with an eye pad.

Inhaled Gas

1. Use suitable protective equipment.
2. Move casualty to fresh air.
3. If breathing has stopped follow the resuscitation procedure.
4. Send to hospital with a note of the gas involved.



Electric Shock

1. Do not touch the casualty until the current is switched off. If the current cannot be switched off, stand on some dry insulating material and use a wooden or plastic implement to free the casualty from the electric source.
2. If breathing has stopped follow the resuscitation procedure.



For more information contact

Name	
Phone No.	
Email	
Sign	

Remember

- Assess the situation
- Look for dangers to yourself and casualty
- Never put yourself at risk
- Assess the casualty
- 1. Take care not to become a casualty yourself while administering first aid.
- 2. Use protective clothing and equipment where necessary. If you need help send for it immediately.
- 3. If an ambulance is needed, arrangements should be made for it to be directed to the scene.
- 4. Casualties should be cooled or kept warm while being treated which ever is more appropriate.

First Aid For The Office And Workplace

Michael Seilmaier



First Aid For The Office And Workplace:

First Aid for the Office and Workplace Shirley M. Baldwin, 1991-06

Basic Electrical Installation Work 2365

Edition Trevor Linsley, 2015-04-10 Everything needed to pass the first part of the City Guilds 2365 Diploma in Electrical Installations Updated in line with the 3rd Amendment of the 17th Edition IET Wiring Regulations this new edition covers the City Guilds 2365 02 course Written in an accessible style with a chapter dedicated to each unit of the syllabus this book helps you to master each topic before moving on to the next End of chapter revision questions enable learners to check their understanding and consolidate key concepts learnt in each chapter With a companion website containing videos animations worksheets and lesson plans this resource will be invaluable to both students and lecturers alike The eighth edition contains Full colour diagrams and photographs to explain difficult concepts Clear definitions of technical terms to make the book a quick and easy reference Extensive online material to help both students and lecturers The companion website material is available at www.routledge.com/cw/linsley

Indians at Work United States. Bureau of Indian Affairs, 1936

Introduction to Health and Safety in Construction Phil Hughes, Ed Ferrett, 2015-09-16 Introduction to Health and Safety in Construction has been specially written for the thousands of students who complete the NEBOSH National Certificate in Construction Health and Safety each year Fully revised in alignment with the April 2015 syllabus the fifth edition provides students with all they need to tackle the course with confidence The book covers all the essential elements of health and safety management in construction including the legal framework risk assessment and control standards Highly illustrated with information provided in a clear easily accessible format it also provides checklists and record sheets to supplement learning Aligned to the NEBOSH National Certificate in Construction Health and Safety Practice questions and answers to test knowledge and increase understanding Complete with a companion website containing extra resources for tutors and students at www.routledge.com/cw/hughes The only textbook endorsed for the NEBOSH National Certificate in Construction Health and Safety the Introduction to Health and Safety in Construction is also suitable for construction courses in the UK and overseas and serves as a comprehensive reference for managers and professionals within the construction industry

Tolley's Workplace Accident Handbook Mark Tyler, 2007-08-15 Occupational safety and health management theory is now rightly focused on pro activity risk assessment and management But it remains important that organizations know what they need to do when accidents happen both to comply with legislation and to extract all the information from the incident to improve their health and safety management Tolley's Workplace Accident Handbook presents in a single volume what needs to be done when an accident occurs from emergency procedures and legal reporting requirements through to formal investigations and possible legal proceedings In this new edition chapters on first aid and accident investigation reports have been added and the rehabilitation chapter has been updated to cover the latest insurance industry initiatives The Handbook also shows how to learn from the accident data gathered and how to implement recommendations into a

company's health and safety management system. The text is supported by checklists, case studies and ready to use forms and templates. Health and Safety practitioners in all industries will find this Handbook is packed full of practical and legal advice. It will also be of use to lawyers dealing with accident claims, insurance risk managers, emergency planning, first aid and enforcement officers as well as to students on health and safety and specialist accident investigation courses. Mark Tyler is a Chartered Safety and Health Practitioner and a leading Solicitor in the area of health and safety law who has worked on numerous high profile cases such as rail crashes and legionnaires disease. His expertise is supplemented with the practical knowledge of other experts in their individual subject areas.

Introduction to Fire Safety Management Martin Muckett, Andrew Furness, 2007-09-20. Andrew Furness and Martin Muckett give an introduction to all areas of fire safety management including the legal framework, causes and prevention of fire and explosions, fire protection measures, fire risk assessment and fire investigation. Fire safety is not treated as an isolated area but linked into an effective health and safety management system. Introduction to Fire Safety Management has been developed for the NEBOSH Certificate in Fire Safety and Risk Management and is also suitable for other NVQ level 3 and 4 fire safety courses. The text is highly illustrated in full colour, easy to read and supported by checklists, report forms and record sheets. This practical approach makes the book a valuable reference for health and safety professionals, fire officers, facility managers, safety reps, managers, supervisors and HR personnel in companies as well as fire safety engineers, architects, construction managers and emergency fire services personnel. Andrew Furness CFIOSH GFireE Dip2OSH MIIRSM MRSH is Managing Director of Salvus Consulting Limited who specialise in Fire Safety. He was the chairman of the NEBOSH IOSH working party that developed the NEBOSH Fire Safety and Risk Management certificate. Martin Muckett MA MBA CMIOSH MIFireE Dip2OSH former Principal Health and Safety Advisor to The Fire Service Inspectorate and Principal Fire Safety Officer. Martin is currently Salvus Consulting Limited's Senior Fire Safety Trainer Consultant.

Basic Electrical Installation Work Trevor Linsley, 2008-06-17. This textbook on electrical installation covers all aspects of the Level 2 City and Guilds 2330 Technical Certificate and amendments to the 17th IEE regulations and includes sections on quality assurance, customer care and legislation. *Safety and Health in Forestry Work* International Labour Office, 1998. *Special Bulletin* Pennsylvania. Dept. of Labor and Industry, 1926.

Basic Electrical Installation Work, 7th ed Trevor Linsley, 2013-05-08. Everything needed to pass the first part of the City Guilds 2365 Diploma in Electrical Installations Aligned with the 17th edition IET Wiring Regulations Amendments. This new edition has been fully updated to cover the City Guilds 2365 02 course. Written in an accessible style with a chapter dedicated to each unit of the syllabus, this book helps you to master each topic before moving on to the next. End of chapter revision questions enable learners to check their understanding and consolidate key concepts learnt in each chapter. With a brand new website containing videos, animations, worksheets and lesson plans, this resource will be invaluable to both students and lecturers alike. *Automotive Industries*, 1920. **Automotive Industries, the Automobile**, 1920.

Report of the Secretary of War, which Accompanied the Annual Message of the President of the United States, to Both Houses of the ... Congress ,1903 **Mechanic Diesel (Theory) - II** Mr. Rohit Manglik,2024-05-18 EduGorilla
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Federal Register ,2001 **Annual Report of the Director** United States. Bureau of Mines,1920 **American Red Cross Bulletin** ,1914 **American National Red Cross ... Bulletin** ,1914 Bulletin no 1 includes Letter from the secretary of war transmitting the Report of the proceedings of the American National Red Cross Jan 1906 59th Cong 1st Sess House Doc No 383 **Transactions of the Institution of Mining Engineers** Institution of Mining Engineers (Great Britain),1924

First Aid For The Office And Workplace Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**First Aid For The Office And Workplace**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<http://www.pet-memorial-markers.com/public/browse/fetch.php/Great%20Tours%20Detours%20The%20Sophisticated%20Traveler.pdf>

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First Aid For The Office And Workplace Introduction

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