

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 Workplace

L Cohen



First Aid For The Office Workplace:

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

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

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