# First Aid in the Workplace



### Breathing

- 1. Place consists on their track.
- 2. Opin the arrang.
- 2. Check for rounted breathing. Keep the airways open and look, boton. and feel for breathing for no more than 10 seconds.
- 4. If the calculary is breathing normally place in the recovery position.
- 5. If the canualty is not breathing normally.
- A. Dist 900 immediately
- b. Commonce CFR, (30) cheel contensions then 2 resolve breaths):









### Severe Bleeding

- What protective ployes and if possible an aprox.
- 2. Control by direct pressure being fingers and Bunts on the blending point.
- 3. Apply is directing.
- 4. Reports the bleeding limb surless it is betiend will help reduce the blood flow.



### Eyes

- \$. For loose foreign bodies in the east Work out ever with executed sales.
- 2. For chemicals in the eye: Wish continuously with clean, and water for 1th 55 months.
- 3. Feogle with eye injuries about the sent to the Feoglat with the injured eye covered with an eye part.

#### Chemical Burns

- 1. Acod contaminating vouced with the chemical.
- 2. Remove any contaminated diothing which is: not pluck to the pain.
- 2. Fluid with elects of clean, cont pates for 10:15 min.lm.
- 4. Apply a shelle dressing to exposed, darleger pion and pend to hospital.



### Inhaled Gas

- 1. Use subsite protective equipment
- 2. Move cannothy to fresh as:
- 2. If breighing has stopped follow the resupplished procedure.
- 4. Sent to hospital with a note of the yas involved.



### **Burns & Scalds**

- 1. Do not remove clothosy which is sticking to burns or scotts.
- 2. Flush with plenty of clean, cool water for 10-15 minutes.
- Do not burnt trickers.
- 4. If the burns are large or deep wear protective gloves, apply a dry starfer dresping and send to hospital.



### Electric Shock

- 1. Do not hough the coough well the current is politified off, if the current correct for suitched off, stopp on some dry insulating nativital and use a wooder. or plantic implement to hise the casually from the districtions.
- 2. If breighting has stocoad follow the resultablish procedure.

### For more information contact

**Name** 

Photos Reli

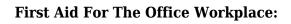
Seed.

Bear's

### Remember

## **First Aid For The Office Workplace**

**L** Cohen



### 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 be 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 affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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