

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

Mr. Rohit Manglik



First Aid For The Office Workplace:

Tolley's Workplace Accident Handbook Mark Tyler,2007-08-15 Shows how to learn from accidents and improve H S management All legal requirements and processes are covered from reporting and investigating accidents to court cases Includes checklists case studies and ready to use forms and templates to help put best practice in place

Basic Electrical Installation Work Trevor Linsley,2018-09-03 Everything needed to pass the first part of the City Guilds 2365 Diploma in Electrical Installations Basic Electrical Installation Work will be of value to students taking the first year course of an electrical installation apprenticeship as well as lecturers teaching it The book provides answers to all of the 2365 syllabus learning outcomes and one chapter is dedicated to each of the five units in the City Guilds course This edition is brought up to date and in line with the 18th Edition of the IET Regulations It can be used to support independent learning or a college based course of study Full colour diagrams and photographs explain difficult concepts and clear definitions of technical terms make the book a quick and easy reference Extensive online material on the companion website [www.routledge.com cw linsley](http://www.routledge.com/cw/linsley) helps both students and lecturers

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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 **Introduction to Fire Safety Management** Mr. Rohit

Manglik,2024-05-05 EduGorilla Publication is a trusted name in the education sector committed to empowering learners with high quality study materials and resources Specializing in competitive exams and academic support EduGorilla provides comprehensive and well structured content tailored to meet the needs of students across various streams and levels

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Lees' Loss Prevention in the Process Industries Frank Lees,2012-11-05 Safety in the process industries is critical for those who work with chemicals and hazardous substances or processes The field of loss prevention is and continues to be of

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Unruh,2013-12-06 The highly anticipated new edition of Pain a textbook for health professionals previous subtitle a textbook for therapists has undergone a major rewrite in order to reflect the rapid developments in the field of pain management It highlights an effective and evidence based method providing the theoretical basis to help with the assessment and management of persistent pain while also discussing in depth a range of specific approaches Pain a textbook for health professionals is written emphatically from a biopsychosocial perspective In order to set the scene the introductory section includes chapters on the patient s voice and social determinants of pain This ensures that the deeply personal and social aspects of pain are not lost among the more technical and biological commentary These aspects provide an overall context and are revisited in chapters on participation of life roles work rehabilitation and psychology The basic science section includes key chapters on the psychology neuroanatomy and neurophysiology of pain This provides a basis for subsequent chapters on specific approaches such as pharmacology physical therapy and complementary medicine Pain in specific patient groups including children the elderly and those with cancer are dealt with in separate chapters as are pain problems such as complex regional pain syndrome and chronic spinal pain Although the emphasis of the book is on long term pain acute pain is discussed as a possible precursor and determinant of chronicity Patient centred approach to care advocates listening to the patient s voice Covers social determinants of pain Guides the reader from pain psychology to the practical application of psychological interventions Learning aids chapter objectives reflective exercises case examples and revision questions Emphasizes an evidence based perspective Written by an international team of experts topics such as pain in children and the elderly pain education for professionals disability and medico legal aspects expanded focus on complex regional pain syndrome acupuncture and psychology improved layout for a better learning and studying experience **Resources in**

Education ,1993 **Federal Register** ,2007-12 **Advanced Electrical Installation Work** Trevor Linsley,2019-09-17 This new edition covers the City and Guilds 2365 03 course updated in line with the 18th Edition of the Wiring Regulations 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 This new edition includes information on construction and demolition sites fire proofing energy efficiency and LED lights as well as some updated diagrams End of chapter revision questions help you to check your understanding and consolidate the key concepts learned in each chapter Full colour diagrams and photographs explain difficult concepts Clear definitions of technical terms make the book a quick and easy reference Extensive online material helps both students and lecturers The companion website contains videos animations worksheets and lesson plans making it an invaluable resource to both students and lecturers alike www.routledge.com/cw/linsley

New Business for Old Europe Arnold Tukker, Ursula Tischner, 2017-09-29 Selling products used to be the standard way of doing business Traditionally it is left to the user to transform the purchase of a product into something that fulfils effectively a final user need Today two streams of research business management and sustainability normally with very distinct perspectives on the world have surprisingly converged to form a common conclusion selling products is old fashioned business Companies should switch their focus to selling need fulfilment satisfaction or experiences Or in other words selling integrated solutions or product services The business management literature argues that by focusing on the integrated final client needs and delivering integrated solutions fulfilling these needs companies will be able to improve their position in the value chain enhance added value of their offering and improve their innovation potential In a business world where many products are becoming equally well performing commodities this strategy is one of the ways to avoid a sheer competition on price a type of competition that Europe never can win with emerging and low cost economies such as China In that sense product services can mean new business for old Europe The sustainability knowledge stream argues that need focused solutions could be inherently more sustainable than products Product services could offer the value of use instead of the product itself and decrease the environmental load in two ways First companies offering the service would have all the incentives to make the product system efficient as they get paid by the result Second consumers would be encouraged to alter their behaviour as they gain insight into all the costs involved with the use Until today the connections and interchange between the two research streams have been quite limited The question of whether product services truly are the avenue to a sustainable world is still under discussion This book aims to develop a systematic view on this issue The potential of product services to enhance competitiveness and contribute to sustainable development prompted the EU to invest heavily in the theme under the EU's 5th Framework Programme FP5 1997-2002 A variety of research and development projects in the field were supported under the umbrella of the Sustainable Product Development Network SusProNet These included MEPSS Methodology Product Service Systems Home Services HiCS Highly Customised Solutions Prosecco Product Service Co design and Innopse Innovation Studio and exemplary developments for Product Service The projects were undertaken by a mix of European research institutions and companies including Orange Philips and Nokia Some of these projects focused on developing methods that could help industries change their output from a product to a service Others focused on the

development of new product services or solutions HiCS Prosecco Innopse and yet others tried to analyze under which circumstances product services are likely to be implemented and accepted by consumers Home Services One project focused on dissemination of the concept to SMEs Lean Services Other projects focused purely on new product service development such as Brainfridge an intelligent fridge managing its supply chain ASP NET application service providers Protex intelligent enzymes and IPSCON receivers for wireless telephones New Business for Old Europe brings together the key outputs from all of these groups to present a state of the art collection on product service development prospects and implications for competitiveness and sustainability The book has a number of aims First it attempts to bridge the gap between business and sustainability literature to lead to a better founded understanding of the business drivers for embarking on product service development and its relation with sustainability and competitiveness Second the book reviews the large amount of studies that have developed toolkits methods and approaches that can support marketers product developers and strategists in business to develop product services selects the best practice approaches and analyses any gaps Third the book examines what opportunities there are for product service development in a variety of key areas including base materials information and communication technologies offices food and households Each chapter in this section discusses the area developments that will stimulate or hinder the market opportunities for product services product service examples and typical implementation challenges for product services in that area These chapters serve as a quick introduction for companies interested in developing product services in a specific area Fourth the book translates all the lessons into suggested approaches for product service development by companies Annexes include a lightweight product service development manual and an alphabetical list of useful underlying tools

HIV/AIDS and the World of Work International Labour Office, 2008 Contains information on HIV AIDS in the world of work provided by member States in reply to surveys meetings of experts and other sources available to the International Labour Office Includes considerations for the adoption of a new Recommendation on the subject

International Health and Safety at Work Phil Hughes MBE, Phil Hughes, Ed Ferrett, 2015-09-16 International Health and Safety at Work has been specially written in simple English for the thousands of students who complete the NEBOSH International General Certificate in Health and Safety each year Fully revised in alignment with the April 2015 syllabus this third edition provides students with all they need to tackle the course with confidence Clear easily accessible information is presented in full colour with discussion of essential principles such as ILO and OSH conventions as well as legal frameworks from a range of countries Aligned to the NEBOSH International General Certificate in Occupational 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 International General Certificate in Health and Safety International Health and Safety at Work remains the most effective tool for those working to fit international health and safety standards to local

needs and practice *Small Business Employment Law For Dummies* Liz Barclay,2011-02-18 Includes sample documents for clear guidance and inspiration Understand your rights and responsibilities as an employer British small business owners can't afford to learn from their mistakes especially as regards employment law This book keeps you onside with the law and onside with your staff too From hiring and firing through to dealing with wages pensions and maternity leave you'll discover what to do what not to do and how to get it right first time Discover how to Recruit and retain a happy workforce Draw up a fair employment contract Understand Health and Safety Laws Make redundancies the right way Manage staff holiday and disciplinary issues Legal Aspects of Health and Safety Bridgit Dimond,2016-06-27 Presented in a clear and concise format that makes for easy reference and understanding this revised and updated edition covers issues that are becoming increasingly important to health professionals managers and educators including proposed changes to the law since Lord Young's 2010 report Common Sense Common Safety Topics include cross infection and the spread of MRSA greater regulation of health and safety standards stress and bullying and the laws relating to notifiable diseases such as HIV AIDS Illustrated with case studies throughout this book is designed to provide a clear introduction to the laws relating to health and safety case law and statute law so that the health professional has a sound understanding of the law **Advanced Electrical Installation Work, 7th ed** Trevor Linsley,2013-06-26 Everything you need to pass the second part of the City Guilds 2365 Diploma in Electrical Installations Aligned with the 17th Edition IET Wiring Regulations Amendments this new edition has been thoroughly updated to cover the new City and Guilds 2365 03 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 help you to check your understanding and consolidate the key concepts learned 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 Community Health Nursing Karen Saucier Lundy,Sharyn Janes,2009 Historically community health nursing has responded to the changing health care needs of the community and continues to meet those needs in a variety of diverse roles and settings Community Health Nursing Caring for the Public's Health Second Edition reflects this response and is representative of what communities signify in the United States a unified society made up of many different populations and unique health perspectives This text provides an emphasis on population based nursing directed toward health promotion and primary prevention in the community It is both community based and community focused reflecting the current dynamics of the health care system The Second Edition contains new chapters on disaster nursing and community collaborations during emergencies The chapters covering Family health ethics mental health and pediatric nursing have all been significantly revised and updated

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