

Workplace First Aid Guide

1. Read Me First

This guide is designed to help you and your colleagues at work to respond quickly and effectively to any emergency. It is not a substitute for professional first aid training. For more information, contact your local first aid training provider.

Your First Aid Kit

Is it available? ☐

Is it up to date? ☐

Is it accessible? ☐

Is it suitable for the type of work? ☐

Is it suitable for the type of injury? ☐

Is it suitable for the type of person? ☐

2. Danger

Make sure you are not in danger before you help anyone. If you are in danger, get out of there as quickly as possible.

- Electricity
- Gas leaks
- Traffic
- Fire
- Moving machinery



Example: Building on fire

- If you are in a building on fire, get out as quickly as possible.
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- If you are in a building on fire, get out as quickly as possible.

3. Response

Check the casualty's response. If they are responsive, ask them if they are injured. If they are not responsive, call for help.

Check the casualty's response

- Ask the casualty if they are injured.
- Ask the casualty if they are injured.
- Ask the casualty if they are injured.
- Ask the casualty if they are injured.



4. Airway

Check the casualty's airway. If it is blocked, you may need to perform a head-tilt, chin-lift.

- Check the casualty's airway.
- Check the casualty's airway.
- Check the casualty's airway.
- Check the casualty's airway.



5. Breathing

Check the casualty's breathing. If they are not breathing, you may need to perform mouth-to-mouth.

- Check the casualty's breathing.
- Check the casualty's breathing.
- Check the casualty's breathing.
- Check the casualty's breathing.



6. Getting Help

Call for help. If you are alone, you may need to perform CPR.

- Call for help.
- Call for help.
- Call for help.
- Call for help.



Be prepared to

- Be prepared to.
- Be prepared to.
- Be prepared to.
- Be prepared to.

Be prepared to.

7. Unresponsive - Not Breathing

Do not leave the casualty. If they are not breathing, you may need to perform CPR.

- Do not leave the casualty.
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- Do not leave the casualty.



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10. Bleeding

Check the casualty's bleeding. If they are bleeding, you may need to apply a dressing.

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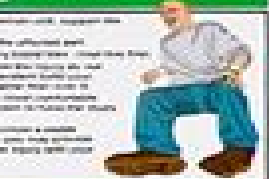
Check the casualty's bleeding.

Check the casualty's bleeding.

11. Fractures

Check the casualty's fractures. If they are fractured, you may need to immobilize them.

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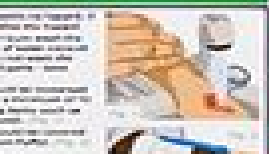
Check the casualty's fractures.

Check the casualty's fractures.

12. Burns

Check the casualty's burns. If they are burned, you may need to cool them.

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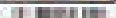
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Workplace First Aid Guide Pamphlet

JA Banks



Workplace First Aid Guide Pamphlet:

Workplace First Aid Guide Pamphlet Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Workplace First Aid Guide Pamphlet**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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