





# First Aid Guide Workplace Poster Laminated Paper 300 x 400mm

## Product Images

**FIRST AID GUIDE - WORKPLACE**

<div style="background-color: red; color: white; text-align: center; padding: 2px;"><b>RESUSCITATION</b></div> <ol style="list-style-type: none"> <li>1. <b>Check Response...</b> gently touch &amp; talk.             <ul style="list-style-type: none"> <li>• if responsive</li> <li>• Monitor breathing, pulse and skin colour</li> <li>• If not responsive turn casualty into the recovery position.</li> </ul> </li> <li>2. <b>Check Airway...</b> clear mouth, tilt head back.</li> <li>3. <b>Check Breathing...</b> look, listen and feel for breath.             <ul style="list-style-type: none"> <li>• if breathing leave casualty in recovery position. Check regularly.</li> <li>• Monitor breathing, pulse and skin colour</li> <li>• if <b>NOT</b> breathing - call 000 for ambulance. Turn casualty on back. Tilt head back, lift chin to open airway. Pinch nose closed. Breathe into casualty's mouth at 1 breath in 2 seconds, watch chest rise and fall. Give up to 5 breaths to achieve at least 2 effective breaths.</li> </ul> </li> <li>4. <b>Check Circulation...</b> check pulse.             <ul style="list-style-type: none"> <li>• if pulse present but no breathing continue mouth to mouth resuscitation at 1 breath every 4 seconds (15 breaths per minute)</li> </ul> </li> </ol>	<div style="background-color: red; color: white; text-align: center; padding: 2px;"><b>UNCONSCIOUSNESS</b></div> <ul style="list-style-type: none"> <li>• If the patient is not breathing, begin artificial respiration immediately</li> <li>• Clear the patient's mouth of any vomit, blood or displaced dentures</li> <li>• Control any bleeding, check for other wounds and for possible fractures</li> <li>• if it is safe to move patient, turn gently into recovery position</li> <li>• if possible, stay with patient and send someone for medical help</li> </ul> 	<div style="background-color: red; color: white; text-align: center; padding: 2px;"><b>FRACTURES</b></div> <ul style="list-style-type: none"> <li>• Keep the patient still and cover with a blanket</li> <li>• Attend to such injuries as an open wound or bleeding before dealing with the fracture</li> <li>• If necessary, protect the broken bone</li> <li>• Stay with the patient, and make him comfortable until professional help arrives</li> </ul>  <p style="font-size: small; color: red;">Steady the injured part</p>
<div style="background-color: red; color: white; text-align: center; padding: 2px;"><b>ARTIFICIAL RESPIRATION</b></div> <ul style="list-style-type: none"> <li>• Establish that breathing has stopped</li> <li>• Clear mouth and hold head back</li> <li>• Pinch patient's nose and take a deep breath</li> <li>• Place mouth over patient's and breathe into patient</li> <li>• Repeat this procedure, regulating your puffs by the rise and fall of the patient's chest</li> </ul> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p style="font-size: x-small; color: red;">Look, Listen &amp; Feel for Breathing</p>  </div> <div style="text-align: center;"> <p style="font-size: x-small; color: red;">Check Pulse for 10 Seconds</p>  </div> </div>	<div style="background-color: red; color: white; text-align: center; padding: 2px;"><b>BLEEDING</b></div> <ul style="list-style-type: none"> <li>• Apply pressure to the wound with your hand to stop the bleeding</li> <li>• Raise the injured part to diminish the force of the blood flow at the injury</li> <li>• Maintain pressure even after a clot has formed</li> <li>• Move the limb as little as possible as there may be further injuries</li> <li>• improvise a pad and hold it securely over the wound with a bandage</li> </ul> 	<div style="background-color: red; color: white; text-align: center; padding: 2px;"><b>ELECTRIC SHOCK</b></div> <ul style="list-style-type: none"> <li>• Turn the electricity supply off at mains</li> <li>• Do not touch the victim until you have done this</li> <li>• Check that the victim is breathing</li> <li>• Use artificial respiration if necessary</li> <li>• Check for bleeding and bone fractures</li> <li>• Treat any burns by cooling</li> <li>• Send for medical help urgently</li> </ul> 
<div style="background-color: red; color: white; text-align: center; padding: 2px;"><b>WOUNDS</b></div> <ul style="list-style-type: none"> <li>• Wash the skin around the wound, moving outwards from the edge</li> <li>• Put gauze over the wound, then a thick pad, and bandage firmly</li> <li>• Keep the patient, and especially the injured part, at rest</li> <li>• Protect the patient against shock and seek medical attention</li> </ul> <ol style="list-style-type: none"> <li>1. For dressing a wound you need several articles from a first aid box: sterile gauze, bandage, you will also need soap and water.</li> <li>2. Wash only the skin around the area, not the wound, use sterile material with warm water, clean from edge outwards.</li> <li>3. Put gauze over the wound, covering beyond the wound area. Place thick pad over gauze and bandage dressing firmly.</li> </ol> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p style="font-size: x-small; color: red;">Fig 1</p>  </div> <div style="text-align: center;"> <p style="font-size: x-small; color: red;">Fig 2</p>  </div> <div style="text-align: center;"> <p style="font-size: x-small; color: red;">Fig 3</p>  </div> </div>	<div style="background-color: red; color: white; text-align: center; padding: 2px;"><b>GETTING HELP</b></div> <p style="font-size: x-small;"><b>DIAL 000.</b> The operator will ask you which service you require. Once you have stated "Ambulance" you will be connected to ambulance control.</p>  <p style="font-size: x-small;"><b>BE PREPARED TO:</b></p> <ul style="list-style-type: none"> <li>• Confirm your telephone number.</li> <li>• Give an accurate description of the incident and casualty(ies) condition.</li> <li>• Give your exact location.</li> <li>• Assist the ambulance crew by arranging for a colleague to meet them outside your place of work.</li> </ul>	

## Description

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Offer guidance and clear instructions with the First Aid Guide Workplace Safety Poster. Easy to follow instructions help in emergency situations.

## Additional Information

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Safety Sign Type	Safety Posters
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