

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;">RESUSCITATION</div> <ol style="list-style-type: none"> Check Response... gently touch & talk. <ul style="list-style-type: none"> if responsive Monitor breathing, pulse and skin colour if not responsive turn casualty into the recovery position. Check Airway... clear mouth, tilt head back. Check Breathing... look, listen and feel for breath. <ul style="list-style-type: none"> if breathing leave casualty in recovery position. Check regularly Monitor breathing, pulse and skin colour if NOT breathing - call 999 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. Check Circulation... check pulse. <ul style="list-style-type: none"> if pulse present but no breathing continue mouth to mouth resuscitation at 1 breath every 4 seconds (15 breaths per minute) 	<div style="background-color: red; color: white; text-align: center; padding: 2px;">UNCONSCIOUSNESS</div> <ul style="list-style-type: none"> if the patient is not breathing, begin artificial respiration immediately Clear the patient's mouth of any vomit, blood or displaced dentures Control any bleeding, check for other wounds and for possible fractures if it is safe to move patient, turn gently into recovery position if possible, stay with patient and send someone for medical help 	<div style="background-color: red; color: white; text-align: center; padding: 2px;">FRACTURES</div> <ul style="list-style-type: none"> Keep the patient still and cover with a blanket Attend to such injuries as an open wound or bleeding before dealing with the fracture if necessary, protect the broken bone Stay with the patient, and make him comfortable until professional help arrives <p style="color: red; font-size: small;">Steady the injured part</p> 
<div style="background-color: red; color: white; text-align: center; padding: 2px;">ARTIFICIAL RESPIRATION</div> <ul style="list-style-type: none"> Establish that breathing has stopped Clear mouth and hold head back Pinch patient's nose and take a deep breath Place mouth over patient's and breathe into patient Repeat this procedure, regulating your puffs by the rise and fall of the patient's chest <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p style="color: red; font-size: small;">Look, Listen & Feel for Breathing</p>  </div> <div style="text-align: center;"> <p style="color: red; font-size: small;">Check Pulse for 10 Seconds</p>  </div> </div>	<div style="background-color: red; color: white; text-align: center; padding: 2px;">BLEEDING</div> <ul style="list-style-type: none"> Apply pressure to the wound with your hand to stop the bleeding Raise the injured part to diminish the force of the blood flow at the injury Maintain pressure even after a clot has formed Move the limb as little as possible as there may be further injuries Improvise a pad and hold it securely over the wound with a bandage 	<div style="background-color: red; color: white; text-align: center; padding: 2px;">ELECTRIC SHOCK</div> <ul style="list-style-type: none"> Turn the electricity supply off at mains Do not touch the victim until you have done this Check that the victim is breathing Use artificial respiration if necessary Check for bleeding and bone fractures Treat any burns by cooling Send for medical help urgently 
<div style="background-color: red; color: white; text-align: center; padding: 2px;">WOUNDS</div> <ul style="list-style-type: none"> Wash the skin around the wound, moving outwards from the edge Put gauze over the wound, then a thick pad, and bandage firmly Keep the patient, and especially the injured part, at rest Protect the patient against shock and seek medical attention <ol style="list-style-type: none"> For dressing a wound you need several articles from a first aid box: swabs, gauze, bandage, you will also need soap and water. Wash only the skin around the area, not the wound, the swabs, cotton wool with same water, then from edge outwards. Put gauze over the wound, covering beyond the wound area. Place thick pad over gauze and bandage dressing firmly. <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p style="color: red; font-size: small;">Fig 1</p>  </div> <div style="text-align: center;"> <p style="color: red; font-size: small;">Fig 2</p>  </div> <div style="text-align: center;"> <p style="color: red; font-size: small;">Fig 3</p>  </div> </div>	<div style="background-color: red; color: white; text-align: center; padding: 2px;">GETTING HELP</div> <p>DIAL 999. The operator will ask you which service you require. Once you have stated "Ambulance" you will be connected to ambulance control.</p>  <p>BE PREPARED TO:</p> <ul style="list-style-type: none"> Confirm your telephone number. Give an accurate description of the incident and casualty(ies) condition. Give your exact location. Assist the ambulance crew by arranging for a colleague to meet them outside your place of work. 	

Description

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

Additional Information

Safety Sign Type	Safety Posters
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