

## First Aid

**Overview** This talk will cover: before first aid, when first aid is required and basic first aid.

### Before first aid is required

- 1 Ensure you know where the first-aid kit is kept.
- 2 Know who the first-aider and appointed persons are.
- 3 You must have a small travelling first-aid kit if you are working in a small group away from the main site or if you use potentially dangerous tools or machinery.
- 4 Know where the phone is and understand the procedure for calling the emergency services.

### When first aid is required

- 1 Remove the hazard from the casualty if safe to do so.
  - 2 Call for help, e.g. first-aider.
  - 3 Send someone to phone for an ambulance if necessary.
  - 4 Don't move the casualty, unless in immediate danger.
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- 5 Remain with the casualty and give reassurance.
  - 6 Make the casualty as comfortable as possible.
  - 7 Don't give drinks or food to casualty, moisten lips only.
  - 8 Don't allow the casualty to smoke.

### Basic first aid may save a life

- 1 Do you know how to resuscitate and start the heart?
- 2 Do you know how to stop major bleeding?
- 3 Do you know how to treat scolds, burns and shock?
  - If you don't, you need to think about first-aid training.

### Other considerations

- 1 First-aid cover must include shift work.
- 2 Someone must have responsibility for restocking first-aid boxes.
- 3 The first-aid equipment provided must be appropriate for the nature of the work and the number of operatives.
- 4 First-aiders should be easy to identify – usually a sticker on the safety helmet.

**Note to supervisor:** Now inform your workforce of the company provision for first-aiders and first-aid kits, actions to be taken in the event of an emergency and the location of the emergency telephone.

**Do you have any questions for me?**

**REMEMBER: IF YOU KNOW FIRST AID YOU COULD SAVE A LIFE.**