

First Aid.

Employers are required to make provisions for first aid. If an accident or illness does occur, the casualty must receive immediate attention. It could be life-saving.

Importance.

In the event of an injury or a sudden illness, receiving first aid could mean the difference between life and death for the casualty.

Regulations.

The Health and Safety (First Aid) Regulations require employers to provide first aid personnel, equipment and facilities at sufficient levels to ensure employees can receive immediate attention.

Guidance.

- Cover first aid provisions within induction procedures
- Know who the first aider(s) and appointed person(s) are
- Ensure you know where the first-aid kit is kept
- Always have access to a first aid kit
- Always have access to a phone to call the emergency services if required

If an accident/incident occurs:

- Remove any hazards if safe to do so
- Do not put yourself in danger
- Call for the first aider / appointed person
- Call for an ambulance (999) if required (if in doubt NHS direct 0845 4647)
- Don't move the casualty unless they are in immediate danger.
- Remain with the casualty
- Make the casualty as comfortable as possible
- Don't give drinks or food to a casualty, moisten lips only

- Carry out first aid if you are capable (if in doubt NHS direct 0845 4647)

Basic first aid:

- Do you know how to perform CPR?
- Do you know how to treat burns?
- Do you know how to stop bleeding?
- Do you know what to do if someone collapses or has a seizure?

If you don't, you need to think about first aid training. A basic understanding of first aid could save a life.

Questions.

1. Why is it important to provide first aid resources at work?
2. What should you do if an accident occurs?

Summary.

Whenever you are at work there should be first aid cover, this includes shift and part-time work. Always make sure you know who is responsible for first aid and what to do in the event of an accident.