



FIRST AID

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HSEQ Direct is a digital communication, registration and training platform with a focus on Health, Safety, the Environment and Quality.
Designed specifically for the workplace!





WHAT IS IT? (1/2)

First aid is emergency care given immediately to an injured person. The purpose of first aid is to minimize injury and future disability. In serious cases, first aid may be necessary to keep those injured alive.



WHAT IS IT? (2/2)

The general do's and don'ts of first aid are:

- do reassure the injured person that you are a qualified first aider, and that they are in safe hands
- do call the emergency number and request an ambulance right away if the injury is really serious
- don't move the injured person unless it is absolutely necessary
- do visually and verbally assess the injured person
- do practice good personal hygiene
- don't forget to remove external hazards
- do try and take the pain off the patient's mind by talking calmly to them



HAZARDS

Workplaces have varying hidden hazards:

- risk of fire and explosion
- hazards of toxic substances
- hazards due to excessive noise
- hazards due to the presence of radiation
- hazards due to moving parts
- hazards due to falling objects
- hazards posed by vehicles and traffic
- cutting hazard
- fall hazard



PREVENTION

Making the workplace a safe environment is one of the top priorities of companies. Yet, despite the many safety precautions in place, accidents still occur and workers get injured. That is why it is imperative that designated team members in the workplace know essential first aid. Combined with awareness and quick thinking, these simple actions can help prevent accidents and injuries:

- **keep calm, don't panic**
- **know the Person-in-Charge**
- **maintain a fully-stocked first-aid kit**
- **ensure safety at the workplace**



PROTECTION (1/2)

The main aims of first aid are:

- **preserve life**
- **prevent the escalation of the illness or injury**
- **promote recovery**
- **pain relief**
- **protect the unconscious**



PROTECTION (2/2)

There are four golden rules prior to commencing any first aid:

- **stay calm - if you panic you won't be able to help**
- **do not place yourself in danger**
- **treat the life-threatening injuries first**
- **seek help as soon as possible**



IN CASE OF... (1/10)

In case of an illness, injury, or emergency situation that requires treatment and emergency personnel have not arrived, first aid should be commenced.





IN CASE OF... (2/10)

FIRST ACTIONS

If the injured person is unconscious:

- check consciousness: gently shake the shoulders and speak to the injured person
- call the emergency number, or have a bystander call, and request an ambulance
- if it is possible to remain on the line with the emergency service, put the phone on speaker
- have someone bring an AED
- clear the airway



IN CASE OF... (3/10)

FIRST ACTIONS

If the injured person is unconscious:

- check breathing: look and listen for 10 seconds
- if breathing is irregular: lay the injured person on their side
- check breathing every minute
- if breathing stops: start cardiopulmonary resuscitation



IN CASE OF... (4/10)

FIRST ACTIONS

Heavy bleeding:

- let the injured person press on the wound themselves
- call the emergency number, or have a bystander call, and request an ambulance
- if it is possible to remain on the line with the emergency service, put the phone on speaker
- put on disposable gloves
- apply pressure to the wound



IN CASE OF... (5/10)

FIRST ACTIONS

Burn:

- cool the burn as soon as possible (for at least 10 minutes)
- call the emergency number, or have a bystander call, and request an ambulance
- if it is possible to remain on the line with the emergency service, put the phone on speaker



IN CASE OF... (6/10)

FIRST ACTIONS

Unconscious and not breathing:

- check consciousness: gently shake the shoulders and speak to the injured person
- call the emergency number, or have a bystander call, and request an ambulance
- if it is possible to remain on the line with the emergency service, put the phone on speaker
- have someone bring an AED
- clear the airway



IN CASE OF... (7/10)

FIRST ACTIONS

Unconscious and not breathing:

- check breathing: look and listen for 10 seconds
- perform 30 chest compressions
- interlock your fingers
- compress the sternum at right angles
- perform 30 chest compressions and give 2 gentle puffs or breaths
- continue until the AED or emergency services arrive



IN CASE OF... (8/10)

FIRST ACTIONS

Poisoning:

- the injured person has ingested a toxic substance or has taken an overdose
- call the emergency number, or have a bystander call, and request an ambulance
- if it is possible to remain on the line with the emergency service, put the phone on speaker
- follow the advice of the emergency services
- place an unconscious person on their side



IN CASE OF... (9/10)

FIRST ACTIONS

Severe choking:

- call the emergency number, or have a bystander call, and request an ambulance
- if it is possible to remain on the line with the emergency service, put the phone on speaker
- strike 5 times between the shoulder blades
- then perform 5 abdominal thrusts
- alternate between 5 strikes and 5 abdominal thrusts



IN CASE OF... (10/10)

FIRST ACTIONS

Severe choking:

- if the injured person becomes unconscious: check whether help is on the way; call the emergency number again and update the status to that of 'unconscious'
- start cardiopulmonary resuscitation

IMPORTANT INFORMATION

- 1 Always call the emergency number** or have one called.
- It is imperative that designated team members in the workplace **know essential first aid**.
- A first aider should be qualified to **give first aid treatment**.
- The first-aid box must be **within easy reach** and must be checked regularly.
- In case of an injury**, first check whether you or the casualty are in any danger.

QUESTIONS? MORE INFORMATION? UNSAFE WORKING CONDITIONS?

Your HSE Manager is there to help answer any questions and ensure a safe working environment for all.

QUESTION 1

What is the purpose of first aid?

.....

A. To keep the first-aid kit up-to-date to minimize injury.

.....

B. To minimize injury and future disability and/or to keep the injured person alive.

.....

C. To perform CPR on someone who is breathing.

.....



ANSWER 1

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A. To keep the first-aid kit up-to-date to minimize injury.

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QUESTION 2

What is a *don't* of first aid?

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A. Reassure the injured person that you are a qualified first aider, and that they are in safe hands.

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B. Move the injured person unless it is absolutely necessary.

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C. Try and take the pain off the patient's mind by talking calmly to them.

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ANSWER 2

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B. Move the injured person unless it is absolutely necessary.
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C. Try and take the pain off the patient's mind by talking calmly to them.
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QUESTION 3

What is the first thing you do if the injured person is unconscious?

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A. Call the emergency number, or have a bystander call, and request an ambulance.

.....

B. Have someone bring an AED.

.....

C. Check consciousness: gently shake the shoulders and speak to the injured person.

.....



ANSWER 3

What is the first thing you do if the injured person is unconscious?

A. Call the emergency number, or have a bystander call, and request an ambulance.

B. Have someone bring an AED.

C. Check consciousness: gently shake the shoulders and speak to the injured person.



QUESTION 4

What is a golden rule before commencing any first aid?

.....

A. Stay calm – if you panic you won't be able to help.

.....

B. Check if the first-aid kit is fully equipped.

.....

C. Check for insurance.

.....



ANSWER 4

What is a golden rule before commencing any first aid?

A. Stay calm – if you panic you won't be able to help.

B. Check if the first-aid kit is fully equipped.

C. Check for insurance.



QUESTION 5

What should you always do if you are going to perform any of the first actions?

.....

A. Call the emergency number, or have one called, and request an ambulance.

.....

B. Run fast to the injured person to save time.

.....

C. Check if the first aid kit is fully equipped.

.....



ANSWER 5

What should you always do if you are going to perform any of the first actions?

A. Call the emergency number, or have one called, and request an ambulance.

B. Run fast to the injured person to save time.

C. Check if the first aid kit is fully equipped.