



BEESWIFT[®]
FOCUSED ON SAFETY

Product Code

CM1302

Available in Sizes

ONE SIZE

Available in Colours

White
CM1302

DATASHEET

Click Medical Workplace First Aid Poster



- Fully coloured illustrations and clear, easy to follow text
- Clear step by step instructions
- Compiled by qualified health and safety practitioners
- Encapsulated finish for superior durability
- Fully updated with the latest guidance
- Size 59 x 42cm (A2 Paper size)

Workplace First Aid Guide

1. READ ME FIRST
This guide is designed to help you and your colleagues to respond to a casualty in an emergency. It is not intended to replace the services of a qualified first aid practitioner. It is not intended to be used as a substitute for recognised training.

2. DANGER
If there is a danger to you or the casualty, you must first ensure that you and the casualty are safe. Do not become a casualty yourself.

3. RESPONSE
To give the casualty the best chance of survival, you must first ensure that you and the casualty are safe. Do not become a casualty yourself.

4. AIRWAY
FOR AN UNRESPONSIVE CASUALTY
1. Ensure the casualty is on a firm, flat surface.
2. Tilt the casualty's head back and lift the chin.
3. Look for any obstruction in the airway.
4. If you see an obstruction, remove it.
5. If you do not see an obstruction, give 2 rescue breaths.
6. If the casualty does not breathe, give 2 rescue breaths.
7. If the casualty still does not breathe, give 2 rescue breaths.

5. BREATHING
ASSESS FOR BREATHING
1. Look for any chest movement.
2. Listen for any sound of breathing.
3. Feel for any air coming from the mouth.
4. If you see, hear or feel any breathing, the casualty is breathing normally.
5. If you do not see, hear or feel any breathing, the casualty is not breathing normally.
6. If the casualty is not breathing normally, give 2 rescue breaths.
7. If the casualty still does not breathe normally, give 2 rescue breaths.

6. GETTING HELP
CALL FOR HELP
1. If you are alone, first ensure the casualty is safe.
2. Call for help by dialling 999 or 112.
3. Give your exact location and nature of the casualty's condition.
4. Stay with the casualty until help arrives.

7. UNCONSCIOUS - NOT BREATHING
TO COMMENCE CPR:
FOR AN UNRESPONSIVE CASUALTY
1. Ensure the casualty is on a firm, flat surface.
2. Tilt the casualty's head back and lift the chin.
3. Look for any obstruction in the airway.
4. If you see an obstruction, remove it.
5. If you do not see an obstruction, give 2 rescue breaths.
6. If the casualty does not breathe, give 2 rescue breaths.
7. If the casualty still does not breathe, give 2 rescue breaths.

8. DEBRILLATION
Use an AED (Automated External Defibrillator) if available and follow prompts.

9. UNCONSCIOUS - BREATHING
IF THE CASUALTY IS BREATHING NORMALLY, TURN ONTO THEIR SIDE.
1. Turn the casualty onto their side.
2. Support the head and neck.
3. Support the back and buttocks.
4. Support the legs.
5. Support the chest and abdomen.

10. BLEEDING
1. Put on gloves.
2. Wash the wound.
3. Apply direct pressure.
4. Apply a sterile dressing.
5. Apply a bandage.
6. If the casualty is bleeding from a limb, apply a tourniquet.
7. If the casualty is bleeding from the head, neck or face, apply a sterile dressing.
8. If the casualty is bleeding from the chest, apply a sterile dressing.

11. FRACTURES
1. Immobilise the casualty to prevent pain, support the area and keep it still.
2. Do not attempt to move the affected part.
3. Examine the injury for any blood loss, heat, redness, swelling or bruising.
4. If there is any blood loss, apply direct pressure to the wound.
5. If there is any heat, redness, swelling or bruising, apply a cold compress.
6. If the casualty is in pain, give them pain relief.

12. BURNS
1. Remove the casualty from the heat source.
2. Cool the burn with cool running water for 10 minutes.
3. Do not use ice, butter, oil or any other substance.
4. Cover the burn with a sterile dressing.
5. Do not pop blisters.
6. Seek medical attention.

DO NOT:
• Apply anything to the wound.
• Apply lotions, ointments or creams.
• Remove blisters or peeling skin.
• Apply butter, margarine or fat.

© Safety First Aid Group Ltd 2018. The information contained in this poster is for guidance only and should not be used as a substitute for recognised training. ADD0 (REV10)18

