



First Aid

If an accident or illness occurs does occur, the injured person must receive immediate attention.

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 Regulations require all companies to provide First Aid personnel, equipment, and facilities at sufficient levels to ensure injured 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 if required.
- Don't move the casualty unless they are in immediate danger.
- Remain with the casualty or injured person.
- Make the injured person as comfortable as possible.
- Carry out first aid if capable.

Content and Access

The first aid kit should provide a basic equipment for administering first aid for injuries including: cuts, scratches, punctures, grazes, splinters, minor burns, eye injuries, and others.

The content of first aid kit varies depending on the various tasks performed and on risk assessment. The first aid kit includes the right mix of dressing, wound care, and other emergency items and easily accessible.

SUMMARY

In summary, always make sure you know who is responsible for first aid and what to do in the event of an incident/injury.

