

Toolbox Talk



First Aid

The role of a First Aider is to give help to someone who is ill or injured until further assistance arrives such as an ambulance or health professional.

A First Aider must always look out for themselves and others as well as the patient so the situation doesn't become worse.

When someone is found injured or ill, as a First Aider there are seven things you must do:

Assess the situation; you must stop and think first:

- Safety; are you at risk if you approach? Are they still at risk?
- Scene; what caused the accident? How many casualties are there?
- Situation; what are the main injuries? How do you deal with this?

Protect yourself from danger:

Make sure the area is made safe. If you cannot make it safe you must call 112 or 999. Only move the casualty to safety if they are at risk. It is always best to not move the casualty.

Prevent infection:

Wash your hands or use alcohol gel. Never touch an open wound without wearing gloves and try not to cough/sneeze around the casualty.

Comfort and Reassure:

When you approach the casualty, talk to them and ask them their name to see if you can get a response. Stay calm and take control of the situation. Introduce yourself and try to talk to the casualty to find out as much information as you can which you can later pass onto the emergency services.

Assess the casualty:

If there is more than one casualty always treat life threatening injuries first.

Treat the casualty:

Where possible you should always try and treat the casualty. Use onlookers to assist by calling for help, controlling other onlookers or making the area safe.

Arrange for the right kind of help:

Always stay with them until the ambulance or health care professional arrives.

Call 112 or 999 for serious cases or arrange for them to be transported to the hospital for conditions that aren't going to worsen. For minor injuries suggest they go to the doctors to get checked out.

Key Points:

- Protect yourself and others at all times.
- Take time to assess the situation, don't just go running in.
- Always arrange the right kind of help.
- Always reassure the casualty.
- Always make sure the first aid kit is accessible on site and is fully stocked and up to date.