

First Aid

Overview This talk will cover: before first aid, when first aid is required and basic first aid.

Before first aid is required

- 1 Ensure you know where the first-aid kit is kept.
- 2 Know who the first-aider and appointed persons are.
- 3 You must have a small travelling first-aid kit if you are working in a small group away from the main site or if you use potentially dangerous tools or machinery.
- 4 Know where the phone is and understand the procedure for calling the emergency services.

When first aid is required

- 1 Remove the hazard from the casualty if safe to do so.
 - 2 Call for help, e.g. first-aider.
 - 3 Send someone to phone for an ambulance if necessary.
 - 4 Don't move the casualty, unless in immediate danger.
-
- 5 Remain with the casualty and give reassurance.
 - 6 Make the casualty as comfortable as possible.
 - 7 Don't give drinks or food to casualty, moisten lips only.
 - 8 Don't allow the casualty to smoke.

Basic first aid may save a life

- 1 Do you know how to resuscitate and start the heart?
- 2 Do you know how to stop major bleeding?
- 3 Do you know how to treat scalds, burns and shock?
 - If you don't, you need to think about first-aid training.

Other considerations

- 1 First-aid cover must include shift work.
- 2 Someone must have responsibility for restocking first-aid boxes.
- 3 The first-aid equipment provided must be appropriate for the nature of the work and the number of operatives.
- 4 First-aiders should be easy to identify – usually a sticker on the safety helmet.

Note to supervisor: Now inform your workforce of the company provision for first-aiders and first-aid kits, actions to be taken in the event of an emergency and the location of the emergency telephone.

Do you have any questions for me?

REMEMBER: IF YOU KNOW FIRST AID YOU COULD SAVE A LIFE.



NOTE: Failure to comply with safety instructions and RAMS may result in disciplinary actions

Serial	Name	Date of Toolbox Talk	Signature	Site

By signing this register you are confirming that you attended the toolbox talk and understand the requirements complying with this instruction