

First aid provision is an essential part of emergency preparedness. Thankfully thousands of workers across the UK put themselves forward to come to the aid of their colleagues.

To help the understanding of first aid provision here is some relevant information drawn from HSE and NHS sources.

## CPR

NHS advice on CPR is that after 30 chest compressions the first aider will give 2 rescue breaths. Compressions should be at a steady rate of 100 to 120 times a minute.

See [www.nhs.uk/conditions/first-aid/cpr](http://www.nhs.uk/conditions/first-aid/cpr) for more information.

## BURNS

Cool a burn as quickly as possible with cool running water for at least 20 minutes, or until the pain is relieved.

You can cover a burn loosely in cling film or a clean dry dressing. Do not apply creams lotions or sprays to the burn.

## CHOKING

If an adult is choking then support their chest with one hand, lean them forward and give up to five sharp blows between their shoulder blades with the heel of the hand. If the blockage has not cleared give up to five abdominal thrusts.

## SHOCK

Shock is a condition where the vital organs are deprived of oxygenated blood, possibly as a result of blood loss but also through a range of different injuries.

Lie a casualty down, keep them warm, raise and support their legs.

# FOCUSED ON FIRST AID



## WHAT THE REGULATIONS SAY

The Health and Safety Executive does not mandate the provision an organisation should make for first aid.

First aid provision must however be “adequate and appropriate in the circumstances”.

An assessment must be made of the workplace, including the size and nature of the workforce, the work undertaken and the hazards and risks involved.

This should inform the facilities required, and any equipment and its location, the people who will need first aid competence and training, and at what level they should be competent.

Provision should be regularly reviewed. The review should take account of changes in the organisation, the workplace or the services delivered, and the type of incidents that have been encountered in the past.

### DO I NEED A FIRST AID ROOM?

You should provide a first aid room if your needs assessment identifies this as necessary.

Equipment may vary dependent upon local needs. It may contain a couch, blanket, pillows and chair along with a store of first aid materials and hot and cold running water.

### FIRST AID KITS

Exact contents should be guided by the needs assessment, but the HSE suggest the following as a minimum - plasters, sterile eye pads, triangular bandages and safety pins, medium and large sterile dressings and disposable gloves.

It should also contain a leaflet giving general guidance on first aid.

### TABLETS AND MEDICINES

It is recommended that tablets or medicines are not kept in the first aid kit.

If an individual needs to take their own prescribed medication the first aiders role is generally limited to helping them. There are some exceptions such as administering adrenaline pens, medicines for the purpose of saving life in an emergency.

### HOW MANY FIRST AIDERS?

The number of first aiders depends upon the needs assessment.

HSE do recommend suggested numbers in their guidance documents, for example in higher hazard sites above 50 employees, at least one first aider trained in FAW (First Aid at Work) for every 50 employed (or part thereof).

### DID YOU KNOW

The face of Resusci Anne is thought to be from a death mask of an unknown woman drowned in the Seine Paris in the late 19th Century. Her image was used by a Norwegian toy manufacturer for the first CPR doll in the 1950's.