



FIRST AID RECOMMENDATIONS

STEP 1. IDENTIFY POTENTIAL CAUSES OF WORKPLACE INJURY AND ILLNESS

HAZARDS



MANUAL HANDLING



SLIPS, TRIPS AND FALLS



ELECTRICAL



STEP 2. ASSESS THE RISK OF WORKPLACE INJURY AND ILLNESS

INJURIES

Sprains, Muscular Strain and Fractures caused by Overexertion or repetitive movements.

Fractures, bruises, lacerations, dislocations, concussion caused by falls from heights or uneven surfaces.

Shock, burns, cardiac arrest, loss of consciousness caused by exposure to live electrical wires. Potential ignition source could cause injuries from fire.



STEP 3. WHAT FIRST AID IS REQUIRED

Choose the First Aid Kit that is suitable for the workplace. See pages 260-261.

REMEDY



STEP 4. REVIEW FIRST AID TO ENSURE EFFECTIVENESS

Choose additional Module Packs, to ensure the workplace contains adequate First Aid on Site. See pages 262-263.



FIRST AID