



Unit 18 Personal Safety

* Glossary

injury: physical harm or damage to someone's body caused by an incident

casualty: a person injured or killed in a serious accident

(to) worsen: aggravate or make worse

(to) restock: to replenish


First Aid

Despite all the safety precautions taken in workplaces, such as construction sites, to prevent **injury** in the workforce, accidents do happen and you may be the only other person able to take action to assist a workmate. If you are not a qualified first aider limit your help to obvious common sense assistance and call for help, but do remember that if a workmate's heart or breathing has stopped as a result of an accident he has only minutes to live unless you act quickly.

A generally accepted definition of first aid might be as follows: first aid is the initial assistance or treatment given to a **casualty** for any injury or sudden illness before the arrival of an ambulance, doctor or other medically qualified person.

A first aider is someone who has undergone a training course to administer first aid at work and holds a current first aid certificate. The training course and certification must be approved by a national safety and health institution. The aims of a first aider are to preserve life, to limit the **worsening** of the injury or illness and to promote recovery. A first aider may also undertake the duties of an appointed person. An appointed person is someone who is nominated to take charge when someone is injured or becomes ill, including calling for an ambulance if required. The appointed person will also look after the first aid equipment, including **restocking** the first aid box. Appointed persons should not attempt to give first aid for which they have not been trained, but should limit their help to obvious common sense assistance and summon professional assistance as required.

[Adapted from Trevor Linsey, *Basic Electrical Installation Work*, Routledge, 2011]





Understanding the text

1. Find verbs in the text that are associated with the following terms.

1. injury
2. action
3. treatment
4., first aid
5. life
6. recovery
7. charge
8. equipment

2. Provide the information required.

1. Reasons for first aid
2.
3. Definition of first aid
4.
5. Tasks of a first aider
6.
7. Duties of an appointed person
8.

3. Tick the paragraphs that best express the contents of the text.

1. Most workplaces adopt safety measures. However, sudden injuries or illnesses, some of which may be life-threatening, occur at work.
2. If an accident happens in the workplace, you cannot be a helpless witness, since simply standing by can potentially worsen the situation. This is why it's important to have at least a basic knowledge of first aid.
3. First aid refers to providing immediate and effective assistance to workers or others who have been injured or become ill at work. It may reduce the severity of the injury or illness and promote recovery. In some instances this could mean the difference between life and death.
4. The risk can be considered low or high depending on the workplace. A low risk workplace is one where workers are not exposed to hazards that could result in serious injury or illness. A high-risk workplace refers to a workplace where workers are exposed to hazards that could result in serious injury or illness and would require first aid, for example factories or motor vehicle workshops.
5. The first-aid provider in the workplace is someone who has been trained in the delivery of initial medical emergency procedures, using a limited amount of equipment to perform a primary assessment and intervention while awaiting arrival of emergency medical service (EMS) personnel.
6. Health and safety institutions, such as HSE, will prosecute in cases where there is a significant risk, a disregard for established standards or persistent poor compliance with the law.