

First aid guide for lone workers



First aid advice for lone workers

If you're alone and bleeding heavily



1. Put pressure on the wound with whatever is available to stop or slow down the flow of blood.

Applying pressure to a wound will help slow the flow of blood so that it clots and stops bleeding.

2. Call 999 as soon as possible.
3. Keep pressure on the wound until help arrives.



First aid advice for lone workers

If you're alone and think you're having a **heart attack**



You may suddenly feel a persistent, vice-like chest pain that spreads to your arms, neck and back. You may also be sweating and feel breathless.

1. Call 999 immediately and say that you think you are having a heart attack.
2. Sit down and rest while waiting for help to arrive. Try to stay calm.

This will help to ease the strain on your heart. If you have an aspirin tablet you can chew it slowly.



First aid advice for lone workers

If you're alone and think you have a **broken bone**

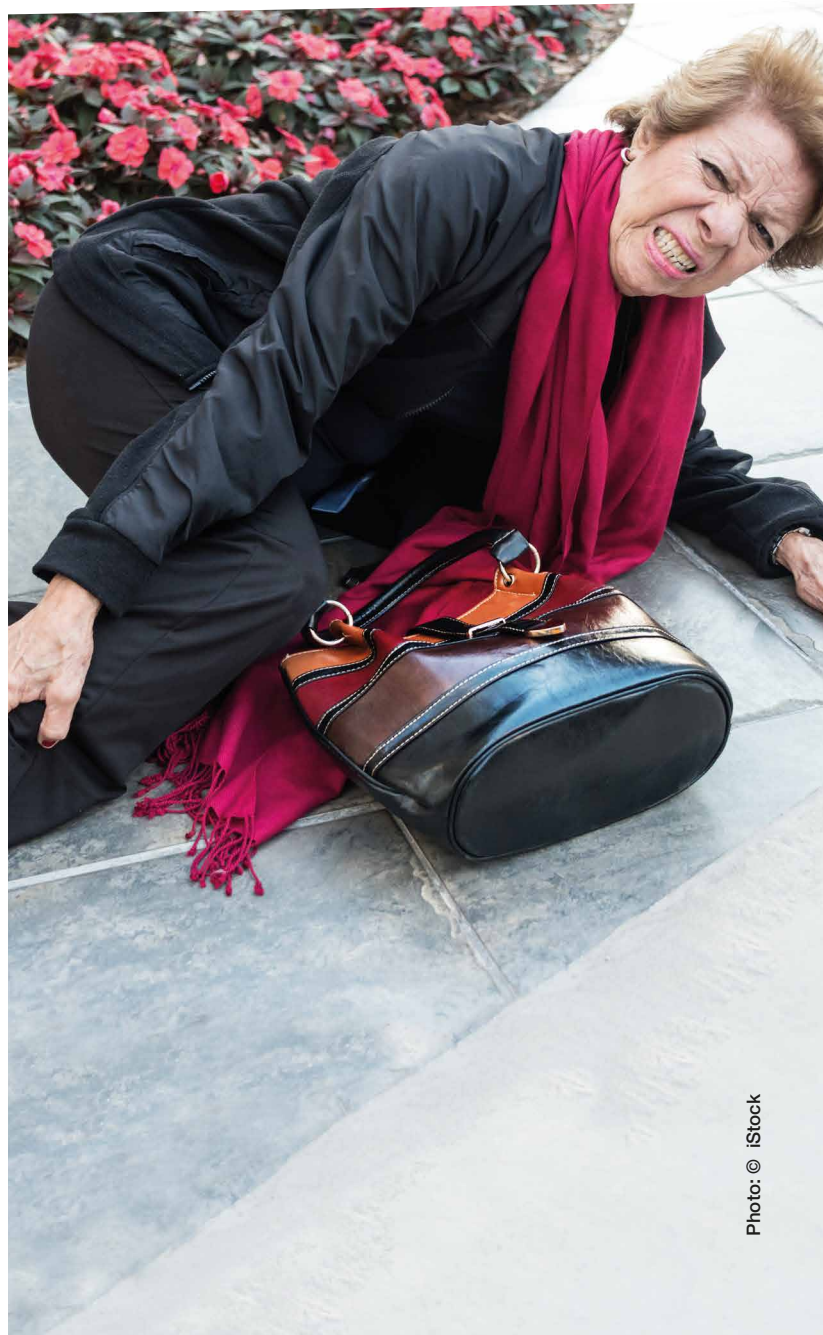


Following a fall or blow from a heavy object you may have a broken bone if you are in a lot of pain or lying in an unnatural position.

1. Support the injury with your hand, or use a cushion or items of clothing to prevent unnecessary movement.

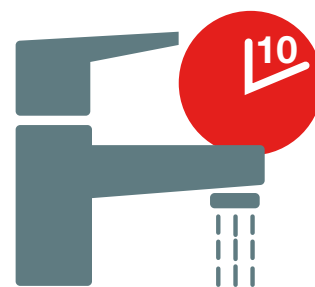
Supporting the injury may help relieve pain and prevent further damage. Support the limb above and below the injury if possible.

2. Call 999 as soon as possible.
3. Continue supporting the injury until help arrives.



First aid advice for lone workers

If you're alone and you have a **burn**



1. Cool the burn under cold running water for at least ten minutes.
Holding a burn under cold running water for at least ten minutes will take the heat out of the burn, which can reduce pain and reduce the risk of scarring.
2. After the burn has been cooled, cover it with cling film or a clean plastic bag.
This helps prevent infection by keeping the area clean. Cling film or plastic won't stick to the burn and will reduce pain by keeping air from the skin's surface.
3. Call 999 if necessary.
If you are in any doubt seek medical advice.
If the burn is severe call 999.



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