# Student worksheet – First Aid

## Key messages

* First aid is the first thing that can be done to help someone who has been injured or is unwell.
* First aid is what to do until the injured or unwell person can get medical help.
* If you need first aid you must tell your supervisor immediately.

**Remember! If you see or are involved in an accident in the workplace, report it immediately to your supervisor, or in his/her absence talk to a co-worker. Staff supervising work experience students must report the incident involving the student to the school.**

A person needs first aid if they:

* get a scratch
* cut their finger
* spill a chemical on their hands or in their eyes
* burn themselves
* break a bone
* get something in their eye
* sprain or strain a muscle
* feel faint, dizzy or suddenly unwell.

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| First aid facilities | |
|  | If you or your workmates are involved in an accident, first aid is crucial. Your employer must provide first aid facilities and must tell you where they are. For example, they could be:   * in a room set aside specifically for first aid treatment * at a number of stations within the workplace * in a first aid box on a wall   Make sure you find out what first aid facilities you have at your workplace and who your first aid officers are. |

## Activity 1: First aid role play scenarios

Tell your supervisor immediately if you are injured or ill

Get into groups of three or four and use the scenarios below to discuss or role play what you should do in these situations.

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| Workplace scenario | What should you do? |
| Workplace accident, someone is lying on the ground |  |
| Hand injury, cut, break or graze |  |
| Someone falling over and injuring a body part |  |
| You feel suddenly dizzy and faint |  |