

FIRST AID

Students will be able to:

- Demonstrate understanding of the legal requirements for first aid in hospitality outlets
- Name the contents of a first aid box

The Health and Safety (First Aid) Regulations 1981

These regulations deal with first aid in the workplace and ensure that all employees and members of the public can be treated immediately if they become ill or injured. The Health and Safety (First Aid) Regulations 1981 requires all establishments to provide adequate first-aid equipment as well as appropriate facilities and trained staff to deal with all first aid arrangements.

All establishments should provide a well stocked first aid box and have an appointed person who is responsible for all first aid arrangements. Larger establishments should also provide a number of trained first-aiders and consider providing additional first aid equipment and a first aid room. An appointed person is not necessary when there are a number of appropriately trained first-aiders.

First aid boxes

Under the Health and Safety (First Aid) Regulations 1981 all establishments are required to provide a first aid box. These first aid boxes are often identified by a white cross on a green background. There is no mandatory list of items that should be provided in a first-aid box however, the following list is based on advice from the Health and Safety Executive and the Ambulance Service.

- 1 guidance booklet
- 1 Protective face shield
- 20 individually wrapped sterile adhesive plasters (blue coloured plasters should be used for food handlers)
- 2 sterile eye pads
- 4 triangular bandages
- 6 medium wound dressings, individually wrapped and sterile
- 2 large wound dressings, individually wrapped and sterile
- 6 pairs of disposable gloves
- 1 pair of scissors, with rounded ends
- 10 'packs of 5' sterile gauze swabs
- 1 finger dressing

The quantities of items listed above are the minimum amount that should be in a first aid box at any given time so therefore it is important to replace items as soon as they are used. First aid boxes should never contain any tablets or medicines as people may be allergic to certain ingredients.

Activity

Research the list of first aid equipment in the table below and describe what each piece of equipment is commonly used for in providing first-aid treatment.

First aid equipment	Use in providing first aid treatment
Disposable gloves	
Face shield	
Low-adherent dressing	
Hypoallergenic adhesive tape	
Hypoallergenic plasters	
Wound dressings	
Foil blanket	

First aid equipment	Use in providing first aid treatment
Eye wash	
Eye pad	
Finger dressing	
Scissors	
Gauze swabs	
Burn dressing	
Triangular bandage	
Conforming bandage	