

The Health and Safety (First-Aid) Regulations 1981 place a duty on employers to provide adequate first aid equipment, facilities and personnel for all of its employees. Although there is no requirement under this Act or even the Health and Safety at Work etc Act 1974 to accommodate the first aid needs of visitors or contractors, however, the HSE strongly recommends that employers include non-employees in their assessment of first aid needs and make adequate provision for them.

Employers must assess the level of risk to their employees in performing their work duties by carrying out an evaluation of first aid needs. This will affect what first aid equipment, personnel and facilities they need to make available.



First Aid

Immediate and proper treatment of injuries may save lives – and is essential to reduce pain and aid in quick recovery.

In your work location an appropriate level of first aid treatment must be made available.



First Aiders

First aiders should receive training appropriate to the hazards you may find at your work. They should be specially trained and issued with a certificate.

Appointed Person

An appointed person is someone who takes charge in an emergency, to call an ambulance, and to look after the first aid equipment.

There should be display notices which provide the location of first aid equipment and the name(s) of the appointed person or first aider(s) in your building.

First Aid Equipment

First Aid boxes and kits are provided for use by First Aiders (or appointed persons) and should only contain items that the First Aider has been trained to use. They should not contain scissors, tweezers or medication of any kind.

You can contribute to first aid by:

- Calling for help immediately
- Bringing help to the casualty where necessary – not the casualty to help
- Checking to see if the casualty is breathing
- Knowing where the First Aid kit is kept
- Not moving an injured person (except to save that person's life)
- Not administering drugs
- Knowing the name of your First Aider or appointed person.

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“It shall be the duty of employers to ensure as far as is reasonably practicable, the health, safety and welfare at work of all employees”

