

Course Information Sheet
3-day First Aid at Work Course

Aims & Objectives

The First Aid at Work training course is designed to enable people designated as a First Aider to carry out appropriate first aid in an emergency situation at work. At the end of the course the candidate will be able to manage a casualty who is injured at work, or suffers from a serious illness, while waiting for more qualified medical help to arrive.

Course Content

Day 1 - Morning Session	Day 2 - Morning Session	Day 3 - Morning Session
<ul style="list-style-type: none"> • Course Administration & Registration • Welcome & Introduction • Duties & Responsibilities • ABC & Priorities of Treatment • Recovery Position • CPR • CPR Skill Station • AED Awareness 	<ul style="list-style-type: none"> • Review of Day One • Heart Attack & Angina • Shock • Stroke • Head Injuries • Diabetes • Eye Injuries 	<ul style="list-style-type: none"> • Review of Day Two • Strains & Sprains • Practical Workshop (<i>CPR/Recovery/Dressings</i>) • Final Revision / Review
Day 1 - Afternoon Session	Day 2 - Afternoon Session	Written, Practical & Oral Assessments
<ul style="list-style-type: none"> • Burns & Scalds • Primary & Secondary Survey (inc AVPU) • Care of the Unconscious • Wounds & Bleeding (<i>inc. Catastrophic Bleeding & the use of Tourniquets & Haemostatic Dressings</i>) • Legislation 	<ul style="list-style-type: none"> • Fractures • Asphyxia - Choking Asthma Anaphylaxis Poisoning • Epilepsy • Topic Reviews 	<p>12pm onwards:-</p> <ul style="list-style-type: none"> • Written Exam Paper (<i>75% Pass Mark required to continue to next assessments</i>) • Lunch Break • Practical & Oral Assessments

Learning Outcomes

On completion of training, successful candidates should be able to:

- provide emergency first aid at work
- administer first aid to a casualty with:
 - injuries to bones, muscles and joints, including suspected spinal injuries
 - chest injuries
 - burns and scalds
 - eye injuries
 - sudden poisoning
 - anaphylactic shock
- recognise the presence of major illness and provide appropriate first aid
- understand the role of the first-aider including reference to:
 - the importance of preventing cross-infection
 - the need for recording incidents and actions
 - use of available equipment
- assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
- administer first aid to a casualty who is unconscious (including seizure)
- administer cardiopulmonary resuscitation
- administer first aid to a casualty who is choking
- administer first aid to a casualty who is wounded and bleeding
- administer first aid to a casualty who is suffering from shock
- provide appropriate first aid for minor injuries

Certification

On successful completion of the course and exam, a certificate will be issued valid for 3 years.

Cost of Training

The cost of training is £225.00 + vat.