

Emergency First Aid at Work Syllabus section 1



Module 1 First steps in first aid

Scene management
Duty of care and negligence
DRABC; the primary survey

Module 2 Asphyxia

Defining asphyxia
Discuss the causes, signs, symptoms and treatment of hyperventilation, asthma, anaphylaxis and choking
Abdominal thrusts for choking
Student practical : Epipen use and abdominal thrusts

Module 3 Unconscious Casualty Management

Defining unconsciousness
Discuss the causes of unconsciousness in adults
General management and primary survey
Demonstration of the management of an unconscious adult and the recovery position
Student practical : ABC, The recovery position

Module 4 Resuscitation

An explanation of CPR, its effects and the importance of first response in adults
Discuss and explain the causes of cardiac arrest in adults
Demonstration of adult resuscitation
Student practical : adult CPR skill stations

Module 5 Bleeding and Wounds

Discuss the immediate management of wounds
Treatment and management of embedded foreign bodies, nosebleeds and various wounds
Demonstration of the application of a dressing and an elevation sling
Complications of bleeding, including infection and shock
Student practical : Applying a dressing and elevation sling

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Section 2



Module 6 Medical Emergencies

How to recognise and manage: angina, heart attack, stroke, epilepsy and diabetes

Module 7 Fractures

Discuss mechanism of fractures in adults
Signs, symptoms and general management of fractures
Arm sling

Student practical : arm slings

Module 8 Strains, Sprains and Dislocations

Discuss the difference between a strain and a sprain
General treatment of strains and sprains
R*I*C*E method for treatment
Recognition and management of dislocations

Module 9 Burns and Scalds

Types and depths of burns
General management and treatment for burns
What NOT to do with burns
Complications of a burn, including infection and shock

Module 10 Eye Injuries

The treatment and management of simple eye injuries
Irrigation of the eye

Module 11 Record Keeping

A brief discussion on keeping records
The first aid kit; contents and maintenance