

First Aid at Work

(re-certification)

Syllabus Day 1



Module 1 First steps in first aid

Scene management
DRABC; the primary survey

Module 2 The airway & breathing

Asphyxia
Hyperventilation
Asthma
Anaphylaxis
Choking

Student practical : Epipen use and abdominal thrusts

Module 3 The unconscious patient

Defining unconsciousness
Review 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 Adult basic life support

Review the causes of cardiac arrest in adults
Demonstration of adult resuscitation and discuss defibrillation

Student practical : adult CPR skill stations

Practice Skill stations

Students will practice :
Unconscious patient management
Adult CPR

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Syllabus Day 2



Module 5 Bleeding and Wounds

Review the nature of bleeding and specific wounds
Review the application of a dressing and an elevation sling
Review the complications of bleeding, including infection and shock

Student practical : Applying a dressing , elevation sling, head bandage and hand bandage

Module 6 Medical Emergencies

Review the recognition and management of:

Angina
Heart attack
Stroke
Epilepsy
Diabetes

Module 7 Musculo-skeletal injuries

Review the signs, symptoms and general management of fractures
Review the recognition and management of strains and sprains
Review the recognition and management of dislocations

Student practical : arm slings

Module 8 Thermal injuries

Review the types and depths of burns
Review the general management and treatment for burns
Review the complications of a burn, including infection and shock
Review the recognition and management of hypothermia

Module 9 Other emergencies

Review the treatment and management of simple eye injuries
Review the recognition and management of poisoning

Conclusion End of course update session

Any updates to the regulations are discussed and student queries are answered in this final module.