

# First Aid at Work

(qualification)

## Syllabus Day 1



### Module 1 First steps in first aid

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

### Module 2 The airway & breathing

Airway anatomy  
Asphyxia  
Hyperventilation  
Asthma  
Anaphylaxis  
Choking

**Student practical :** Epipen use and abdominal thrusts

### Module 3 The unconscious patient

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 Adult basic life support

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 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

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

### Module 6 Medical Emergencies

How to recognise and manage:

Angina  
Heart attack  
Stroke  
Epilepsy  
Diabetes

### Practice Scenarios

Student will be given various scenarios to act out in order to increase their knowledge and practical skills with 'live' patients

### Practice Skill stations

**Students will practice :**

Unconscious patient management  
Adult CPR  
Wound management

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## Syllabus Day 3



### Module 7 Musculo-skeletal injuries

Discuss mechanism of fractures in adults  
Signs, symptoms and general management of fractures  
Arm sling demonstration  
Discuss the recognition and management of strains and sprains  
Discuss the recognition and management of dislocations

**Student practical : arm slings**

### Module 8 Thermal injuries

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  
Discuss the recognition and management of hypothermia

### Module 9 Other emergencies

The treatment and management of simple eye injuries  
Irrigation of the eye  
Discuss the recognition and management of poisoning

### Module 10 The regulations

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

### Conclusion End of course assessment

MCQ and viva assessment followed by assessments on CPR, unconscious patient and wound management skill stations