

# 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.