

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