



HSE Compliant Emergency First Aid at Work-6hrs

meets the requirements of the Health & Safety(First Aid) Regulations 1981 as amended

Learning Outcomes: Candidates will be able to

- demonstrate a clear understanding of their role as a first aider.
- know how to summon help and be able to assess casualties using both the primary and secondary survey methods.
- understand the importance of recording accidents in the work place.
- identify different types of wounds and bleeds and understand the key principles of preventing cross contamination when treating wounds.
- discuss treatment for wounds
- identify the signs and symptoms of a casualty in shock and carry out effective treatment
- identify the signs and symptoms of asphyxia and carry out effective treatment for a choking casualty
- recognize an unconscious casualty and treat including treatment for a seizure
- demonstrate effective CPR skills
- demonstrate a thorough top to toe survey and be able to turn the casualty into the recovery position

| Time | Content | Method | Resources | Assessment |
|-------|---|-----------------------------------|--|-------------------------------|
| 09.30 | House keeping Ice breakers Identifying any issues that may prevent students from completing the course | Discussion | Flipchart | N/A |
| 09.45 | Dealing with an Emergency Key legislation The principles of first aid The role of the first aider and the FA kit | Discussion Group Work | Powerpoint Photographs Emergency Scenario hand-out | |
| 10.30 | Blood loss, types of wounds and cross infection, dealing with burns Applying dressings | Discussion Practical work | Blood Loss handout Powerpoint Dressing | Observation |
| 11.00 | Coffee Break | | | |
| 11.10 | CPR/ Body Check/ Recovery | Practical work | Resus dolls, wipes and face shields | Observation |
| 12.00 | Lunch | | | |
| 12.20 | Dealing with Shock-signs symptoms and treatment | Discussion | Powerpoint | |
| 12.45 | Dealing with unconscious casualty Causes of Unconsciousness Dealing with an epileptic seizure | Discussion Group work | Flip chart Powerpoint | |
| 13.15 | Dealing with a choking casualty | Discussion Practical | Choking vest Resus doll | Observation |
| 13.45 | Practical CPR practice and formal assessment | Practical Individual questions | Resus Dolls | Observation Oral questions |
| 15.15 | Theory examination-Paper or oral assessment dependent on delegate needs | Individual work | Exam papers/pens | Written/Oral if required |
| 15.45 | Course Closure & Evaluation | Discussion/Individual | Evaluation Forms Text books | |
| 16.00 | Course Ends | | | |