



HSE Compliant First Aid at Work-18hrs Day 1

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

Learning Outcomes: Day 1

The candidate will be able to

- understand the importance of recording accidents in the work place
- know how to summon help and be able to assess casualties using both the primary and secondary survey methods
- demonstrate a clear understanding of their role as a first aider
- 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
- demonstrate effective CPR skills
- demonstrate a thorough top to toe survey and be able to turn the casualty into the recovery position
- state the causes of unconsciousness

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, circulatory system types of wounds and cross infection,	Discussion	Blood Loss handout Powerpoint	
11.00	Coffee Break			
11.10	Dealing with wounds, foreign objects, pressure points, Applying dressings	Demonstration Practical work	Dressings Powerpoint Photographs	Observation
12.00	Lunch			
12.20	Dealing with internal bleeds, Shock signs, symptoms treatment	Discussion	Powerpoint	
13.00	Dealing with unconscious casualty Causes of Unconsciousness	Discussion Group work	Flip chart	
13.30	Practical Primary survey, CPR, secondary survey, recovery position	Demonstration Discussion Practical	Resus doll/face shields/wipes	Observation/Oral questioning
15.30	Recap /day1 end assessment	Individual questions-oral if required	Question papers	Written/ Oral questions
15.55	Any Questions	Discussion/Individual	Text books	
16.00	Day 1 Ends			

First Aid at Work Day 2

Learning outcomes: Day 2 The candidate will be able to

- identify signs and symptoms of heart attack and angina and demonstrate how to treat effectively
- recognize and treat head injuries and stroke using FAST
- identify causes of asphyxia and know how to treat effectively with demonstration of abdominal thrust using choking vest
- identify types of poisons and discuss appropriate treatment for corrosive and non corrosive poisons.
- identify signs and symptoms of anaphylactic shock and discuss appropriate treatment

- explain the treatment for hypoglycemia and hyperglycemia and demonstrate how to deal with a casualty having an epileptic seizure
- assess and treat burns using LADA
- demonstrate eye wash procedure and treatment for embedded objects in the eye.
- demonstrate competence in performing CPR a top to toe survey and turning a casualty into the recovery position

Time	Content	Method	Resources	Assessment
09.30	House keeping /Recap of Day1	Individual Work	Recap hand-out	Written/oral questions
10.00	Heart-Anatomy and Physiology Signs & symptoms & treatment of angina and heart attack	Discussion	Powerpoint	
10.30	Head Injuries-Concussion and compression Recognising and treating a stroke	Discussion Group Work	handout Powerpoint	
Coffee Break				
11.00				
11.10	Causes of Asphyxia Recognition of chest wounds, choking and asthma	Demonstration Practical work Discussion	Powerpoint Choking Vest Resus Doll/Dressing	Observation
Lunch				
12.00				
12.20	Dealing with poisons Recognising & treating anaphylaxis	Discussion/ group work	Powerpoint photographs, handout Epi pen	Observation/oral questioning
13.00	Dealing with diabetes and epilepsy	Discussion Group work	Flip chart handout	
13.45	Assessing and treating a burn/eye injuries	Discussion Group work	Photographs and handouts	Observation
14.30	Practical CPR/recovery practice	Practical Individual questions	Resus Dolls	Observation Oral questions
15.45	Recap Day 2 end assessment	Individual work	Question papers/pens	Written/Oral if required
15.55	Any Questions	Discussion/Individual		
16.00	Day 2 Ends			

First Aid at Work Day 3

Learning Outcomes: Day 3 The candidate will be able to

- understand of the different types of fractures and the importance of minimizing further damage to a fracture site
- recognise the difference between a strain a sprain and a dislocation & explain appropriate treatment for each.
- know when to turn a casualty with a suspected spinal injury and how to do this with a log roll technique
- understand the theoretical and practical requirements of the first aid examination

Time	Content	Method	Resources	Assessment
09.30	House keeping Recap of day 1 and 2	Discussion Individual work	Flipchart Handouts	Questioning
10.15	Recognising & treating fractures	Demonstration/Discussion Group Work	Powerpoint/Photographs Slings	Observation
Coffee Break				
11.00				
11.10	Recognition and treatment of strains, sprains and dislocations	Discussion	Powerpoint	
11.30	Spinal Injuries-recognition and treatment	Group work Practical		Observation
Lunch				
12.00				
12.20	Practical practice and Exam preparation	Individual activity	Resus dolls	Observation
14.00	Oral/written and practical examination	Individual	Exam/Papers/Examiner Resus dolls	Observation/ Questions
15.45	Results and Evaluation	Discussion	Evaluation forms	
16.00	Course Ends			