



# EMERGENCY FIRST AID AT WORK

## WHO IS IT FOR?

This course is suitable for anyone who may be required to take control of first aid arrangements until the arrival of the emergency services.

## OBJECTIVES

The overall aim of this one-day course is to train and qualify learners with the knowledge and skills of first aid arrangements.

## CONTENT

- Session 1 Introduction and Welcome
- Session 2 What is First Aid?
- Session 3 First Aid in the Workplace
- Session 4 Responsibilities of the Appointed Person
- Session 5 Action at an Emergency
- Session 6 Primary Assessment
- Session 7 Secondary Assessment
- Session 8 Breathing
- Session 9 Principles of Resuscitation
- Session 10 Airway Obstruction
- Session 11 Bleeding
- Session 12 Additional Subjects - to meet the client's needs

## METHOD

Learners will practice first aid in practical, hands-on scenarios. The trainer will continuously assess throughout the day.

## DURATION

One day.