

First Aid

This course covers the practical skills needed by a first aider in the modern workplace. It will provide you with the confidence and knowledge to deal with first aid emergencies, as well as knowledge on the Health and Safety (First-Aid) Regulations 1981 requirements to provide suitable first-aid equipment, facilities and personnel to enable immediate assistance be given to employees if they are injured or become ill at work.

First Aid consists of the following modules:

- Accidents and illness
- Using a first aid kit
- Simple record keeping
- Treatment of an unconscious casualty
- Heart attacks
- Resuscitation
- Shock
- Choking
- Bleeding
- Burns and scalds
- Poisoning
- Fractures
- Seizures
- Asthma
- Severe allergic reaction
- Eye injuries
- Low blood sugar
- Fainting

Programme Aims and Learning Outcomes

Aims

- To discuss the relevance of first aid in the workplace;
- To discuss how response to a first aid incident is managed as part of the overall health and safety policies;
- To discuss the management of an incident;
- Identify the unconscious casualty and manage their airway;
- To explain how to identify if someone is choking and how to manage the situation and treatment;
- To discuss what anaphylaxis is and how to recognise and treat it;
- To discuss the signs and symptoms of heart attack and how to treat it;
- To explain how to recognise when someone is experiencing cardiac arrest and how to manage the situation and perform Cardio Pulmonary Resuscitation (CPR).

Learning Outcomes

On completion of this course students should be able to:

- Review accident report forms and understand how to complete them and what to do with them;
- Discuss the priorities when managing an incident, as well as where and what is in the First Aid kit;

- Discuss the causes of unconsciousness, and how to manage the unconscious casualty;
- Practice putting a person into the recovery position;
- Discuss how to recognise choking, treat the person, and manage the situation;
- Discuss what anaphylaxis is, how to recognise it and treat the person;
- Discuss what causes heart attack, how to recognise and treat it;
- Discuss how to recognise cardiac arrest and what to do next;
- Practice CPR on a manikin.

Teaching and learning strategies

The course is delivered through a multidisciplinary programme consisting of:

- i. Formal lectures/workshop, seminar and small group sessions.
- ii. Micro practical sessions with the support of an experienced trainer.
- iii. Evaluation of candidates' knowledge of first aid.