

OCCUPATIONAL FIRST AID TRAINING

On completion of this course participants will be able to:

- Provide necessary first aid within the workplace
- Deal with emergencies
- Implement essential life saving skills

Course Content

DAY 1

- Responsibilities of a first aider, assessment and initial reaction
- Diagnosis and principles of treatment
- The Nervous System
- Head Injuries
- Shock – Fainting
- Unconsciousness
- Patient Approach
- Examination of Casualty
- Recovery Position
- Asphyxia and its causes
- Cardio-pulmonary resuscitation practical
- Holger Neilson method of resuscitation
- Examination of the eye
- Treatment of foreign bodies and chemical splashes
- Poisoning

DAY 2

- Burns and Scalds
- Corrosive injuries
- Chemical splashes
- Blood and the circulation system
- Wounds and bleeding
- Control of bleeding
- Dressings and bandages – application, including improvisation
- Fractures – causes, types, signs and symptoms
- Sprains, strains and dislocation
- Crush injuries
- Automated External Defibrillator Training

- General rules for treatment
- Handling and transport, including improvisation

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DAY 3

- Dressing and bandaging fractures
- Epilepsy, Asthma and Diabetes – definition, causes, treatment
- Emergency First Aid Kits – contents
- Revision – practical; any requested subject revised; questions; resuscitation
- Examination – a practical incident to treat
- Cardio-pulmonary resuscitation
- Question paper
- Bandages, slings and transport are introduced as appropriate and practiced throughout the course

Methods of Training

The course is highly interactive with each theory session being followed by demonstration, practical tasks and assessment of individual skills.

Duration

3 days

Maximum number of participants

10