Emergency First Aid At Work

course objectives

At the end of this course, delegates will be able to:

- Assess emergency situations and carry out appropriate action including informing emergency services
- Carry out artificial ventilations and chest compressions
- Place a casualty into the recovery position and know to use this position
- Clear obstructed airways
- Control severe bleeding
- Recognise and treat shock
- Understand the requirements of a First Aid kit and how to report accidents in the workplace
- Recognise and treat illness
- Deal with burns and scalds
- Recognise and treat fractures

who is the course for?

Those employees nominated to act as a First Aider in the workplace as determined by the organisation's emergency first aid risk assessment, or anyone, who as part of their employment or day to day life require suitable first aid training.

duration / format / assessment

A one day course of 6 hours duration. The course can also be conducted over 2 morning, afternoon or evening sessions.

instructor / trainee ratio

Min 1:6 **Max** 1:12

awarding body / certification

Cognet Limited HSE No. 1179/92

course content

- Assessing the casualty and situation
- The unconscious casualty
- Cardio-pulmonary Resuscitation (CPR)
- Head injuries
- Choking and asthma
- Severe bleeding
- Shock
- The first aid kit and reporting procedures
- Heart attack, seizures & diabetes
- Burns and scalds
- Fractures

course requirements / notes

Delegates are required to take active participation in the practical demonstrations in order to achieve certification. Delegates should dress appropriately for carrying out floor-based tasks such as CPR.

Training rooms should provide adequate seating and have sufficient clear floor space in which to carry out first aid demonstrations.

further information / contact us

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training timetable

Time	Activity	Duration
09:30 – 09:40	Domestics, Review timetable for the training session	10 mins
09:40 – 10:15	Incident management and casualty assessment	35 mins
10:15 – 11.00	Airway managment, recovery position and head injuries	45 mins
11:00 – 11.15	**Break**	15 mins
11:15 – 11:45	Airway managment - spinal injury (jaw thrust manoeuvre)	30 mins
11:45 – 12:30	Airway problems, choking	45 mins
12:30 – 13:00	**Lunch**	30 mins
13:00 – 14:00	Cardio-Pulmonary Resuscitation	60 mins
14:00 – 15:00	Shock, heart attach, angina, diabetes, fractures and burns	60 mins
15:00 – 15:15	**Break**	15 mins
15:15 – 16:00	Control of bleeding, bandanging, first aid kits	45 mins
16:00 – 16:20	Video “Buying Time”	20 mins
16:20 – 16:30	Delegate course evaluation and course close	10 mins

Please note that the above is for guidance only. Actual course timings may differ.

pre-course reading

None.

awarding body contact details

Cognet Limited
Details overleaf