

FIRST AID AT WORK 2-DAY REFRESHER COURSE (HSE APPROVED)

SESSION PLAN DAY ONE

DAY ONE

MODULE 1 INTRODUCTION AND COURSE REGISTRATION

MODULE 2 RESPONSIBILITIES OF THE FIRST AIDER

MODULE 3 ACTION IN AN EMERGENCY

MODULE 4 PRIMARY AND SECONDARY ASSESSMENT

MODULE 5 PRINCIPLES OF RESUSCITATION

MODULE 6 AIRWAY OBSTRUCTION AND BREATHING
DIFFICULTIES

RECAP PAPER 1

MODULE 7 DISORDERS OF CIRCULATION

MODULE 8 WOUNDS AND BLEEDING

MODULE 9 BURNS AND SCALDS

MODULE 10 POISONING

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DAY ONE

MODULE 1 INTRODUCTION AND WELCOME

Module content:

Tutor introduction (brief history)

The course outline

Health and Safety and domestic issues

Delegate introductions

Registration and certification

First Aid manuals

Module duration 30 minutes

MODULE 2 RESPONSIBILITIES OF THE FIRST AIDER

Module content:

The aims of First Aid

The First Aid box

Record keeping

Module duration 15 minutes

MODULE 3 ACTION IN AN EMERGENCY

Module content:

Factors involved in an emergency approach

Priorities of treatment (TRIAGE)

Getting help

Module duration 15 minutes

MODULE 4 PRIMARY AND SECONDARY ASSESSMENT

Module content:

DRAB

Assessing the casualty's condition (diagnosis)

Top-to-toe survey

Recovery position

Module duration 45 minutes

Coffee break 15 minutes

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MODULE 5 PRINCIPLES OF RESUSCITATION

Module content:

Full sequence of procedures for the following:

1. A casualty who is not breathing normally
 - a. On your own
 - b. With assistance

Action for vomit

Use of barriers

Other methods of resuscitation (neck breathers)

Module duration 1 ½ hours

Lunch break 45 minutes

MODULE 6 AIRWAY OBSTRUCTION AND BREATHING DIFFICULTIES

Module content:

Choking conscious adult

Choking unconscious adult

Asthma

Fume inhalation

Module duration 45 minutes

Recap Paper 1

MODULE 7 DISORDERS OF CIRCULATION

Module content:

The definition, causes, recognition and treatment of the following disorders:

- _ Shock
- _ Fainting
- _ Anaphylactic shock
- _ Angina
- _ Heart attack

Module duration 45 minutes

Coffee break 15 minutes

MODULE 8 WOUNDS AND BLEEDING

Module content Types of bleeding

Preventing cross-infection

General rules of bandaging

General rules for external bleeding

Indirect pressure

Foreign bodies in wounds

Internal bleeding

Practical bandaging exercises

Module duration 1 hour



Remote First Aid

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MODULE 9 BURNS AND SCALDS

Module content:

Treatment of minor and major burns

Burns to the airway

Electrical burns

Chemical burns

Module duration 30 minutes

MODULE 10 POISONING

Module content:

What is a poison?

Treatment for:

_ Household poisoning

_ Drug poisoning

_ Industrial poisoning

_ Food poisoning

_ Alcohol poisoning

Module duration 15 minutes

End of Day One

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SESSION PLAN DAY TWO

MODULE 1 RECAP OF DAY ONE
MODULE 2 DISORDERS OF CONSCIOUSNESS
RECAP PAPER 2
MODULE 3 BONES, JOINTS AND MUSCLE INJURIES
MODULE 4 INCIDENT MANAGEMENT
RECAP PAPER 3
FORMAL ASSESSMENT (AS FOUR-DAY FAW COURSE)

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MODULE 1 RECAP

Module content:

Any questions from day 1

Recap of resuscitation procedures

Module duration 45 minutes

MODULE 2 DISORDERS OF CONSCIOUSNESS

Module content:

Concussion

Skull fracture

Compression

Epilepsy

Stroke

Diabetes

Module duration 45 minutes

Recap Paper 2

Coffee break 15 minutes

MODULE 3 BONES, JOINTS AND MUSCLE INJURIES

Module content:

Types of fractures

Dislocations

Soft tissue injuries

Spinal injury

Practical injury exercises

Module duration 1 hour

MODULE 4 INCIDENT MANAGEMENT

Module content:

DRAB/SETUP

TRIAGE

Communication

Top-to-toe survey

Recovery position

Getting help

Recording

Module duration 1 hour

Recap Paper 3

Lunch Break 45 minutes

ASSESSMENT Explain the process

The assessments carried out in two rooms:

1. Unconscious casualty management and resuscitation
2. Incident management
3. Written exam