

# **EMERGENCY FIRST AID AT WORK "ONE DAY COURSE"**

(Effective from 1<sup>st</sup> Oct 2009)

Adventurous + Sporting + Pitch side Activities (8hrs)

## **SESSION PLAN**

Module 1 Introduction - The Emergency First Aider

Module 2 What is First Aid?

Module 3 Emergency First Aid in the Workplace

Module 4 Responsibilities of the Emergency First Aider

Module 5 Action in an Emergency

Module 6 Primary Assessment

Module 7 Secondary Assessment

Module 8 Breathing and Circulation

Module 9 Principles of Resuscitation

Module 10 Disorders of Respiration

Module 11 Disorders of the Circulation

Module 12 Wounds and Bleeding

Module 13 Other Conditions

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## **Module 1 - Introduction - The Emergency First Aider**

Module content:

Tutor introduction (brief history)

Course outline & assessment methods

Delegate introductions

Registration & certification

First Aid manuals

*Module duration: 20 minutes*

## **Module 2 - What is First Aid?**

Module content:

Definition of First Aid

The Aims of First Aid

*Module duration: 10 minutes*

## **Module 3 - Emergency First Aid in the Workplace**

Module content:

Health & safety regulations

First Aid provision

First Aid kits & contents

Writing reports

*Module duration: 20 minutes*

## **Module 4 - Responsibilities of the Emergency First Aider**

Module content:

Responsibilities of the Emergency First Aider

Contacting the emergency services

Priorities of First Aid treatment

Communication with casualty/casualties

*Module duration: 20 minutes*

## **Module 5 - Action in an Emergency**

Module content:

Factors involved in an emergency

Assessing the scene (dangers)

Safety approach

*Module duration: 15 minutes*



Remote First Aid

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## **Module 6 - Primary Assessment**

Module content:

Response

Airway

Breathing

Circulation

*Module duration: 30 minutes*

## **Module 7 - Secondary Assessment**

Module content:

Casualty assessment

Top-to-toe survey

Recovery position – how and why

Action for a vomiting casualty

*Module duration: 30 minutes*

## **Module 8 - Breathing and Circulation**

Module content:

How oxygen enters the body

How it travels around the body

How the alveoli work

How we breathe in and out

Composition of air we breathe in

Composition of air we breathe out

*Module duration: 15 minutes*

## **Module 9 - Principles of Resuscitation**

Module content:

Principles of resuscitation (EAV)

Principles of cardiopulmonary resuscitation

Current ERC Guidelines

Procedures for the following scenarios

1) A casualty who is not breathing normally

- With First Aider alone
- With assistance

If trained assistance is available

Alternative types of expired air ventilation

Use of face shields & masks

Chain of survival

*Module duration: 45 minutes*



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## **Module 10 - Disorders of Respiration**

Module content:

Choking - conscious adult

Choking - unconscious adult

*Module duration: 20 minutes*

## **Module 11 - Disorders of the Circulation**

Module content:

How the circulatory system works

How to recognize signs of circulation

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

- Shock
- Heart attack
- Cardiac arrest

*Module duration 30 minutes*

## **Module 12 - Wounds and Bleeding**

Module content:

Types of wound

Types of bleeding

Preventing cross-infection

General rules for bandaging

Treatment of minor & major external bleeding

Internal bleeding recognition and treatment

Foreign bodies in wounds

*Module duration 1 hour*

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## Module 13 - Other conditions

Module content:

Foreign objects

Burns and scalds

Epilepsy\*

Disorders of consciousness

Head injuries\*

Concussion

Skull fracture

Cerebral compression

Stroke

Bones, joints and muscle injuries

Poisoning

Incident management

Bites and stings

Effects of heat and cold

Asthma\*

\* 10 minutes will be taught on these subjects.

*Module duration 45 minutes minimum*

## Module 14 – Practical skills to meet candidates sporting area

Module duration 1 Hour.

Course End