

FIRST AID AT WORK and EMERGENCY FIRST AID AT WORK 'Annual' Refresher course (3 hours)

SESSION PLAN

Module 1 Responsibilities
Module 2 Primary Assessment
Module 3 Secondary Assessment
Module 4 Principles of Resuscitation
Module 5 Wounds and Bleeding

Module 1 Responsibilities

Module content:

Responsibilities of the First Aider
Contacting the emergency services
Priorities of First Aid treatment
Communication with casualty/casualties

Module duration: 20 minutes

Module 2 Primary Assessment

Module content:

Danger
Response
Airway
Breathing
Circulation

Module duration: 30 minutes

Module 3 Secondary Assessment

Module content:

Casualty assessment
Top-to-toe survey
Recovery position – how and why
Action for a vomiting casualty

Module duration: 30 minutes

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Module 4 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: 40 minutes

Module 5 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

Module duration 1 hour

End of Course