

**EMERGENCY FIRST AID AT WORK (Day One)**  
**Mountain/Paddlesports/Activity First Aid (Day Two)**  
(Effective from 1<sup>st</sup> Oct 2009)

All successful candidates will be awarded the following certificates on completion of this programme:

A HSE approved '**Emergency First aid at Work**' (EFAW) certificate plus a additional recognised certificate issued by Remote First Aid in '**Emergency First Aid in Remote Areas**'.  
Assessment for the above is continuous by the Tutor throughout the 2 days.

**SESSION PLAN – Day One EFAW**

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

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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*

End of Day One

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**SESSION PLAN – Day Two Remote Areas**  
**Mountain/Paddle sports/Activity**

Day two covers other aspects that you may encounter whilst on the hills, crags, rivers, caves as a leader or as an outdoor enthusiast. This day combines theory and practical sessions both indoors and out. This course meets or exceeds many National Governing Body (NGBs) Awards Schemes.

Some of the NGBs this course meets or exceeds:

- Mountain Leader Training United Kingdom (MLTUK),
- Sportsleaders UK,
- British Canoe Union (BCU),
- Scottish Mountain Bike Leaders Award (SMBLA).

Module 13 - Other conditions

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## **Module 13 - Other conditions**

Module content:

Burns (10mins)

Epilepsy (10mins)

Disorders of consciousness (20 mins)

Head injuries (15 mins)

Concussion (5 mins)

Skull fracture (5 mins)

Cerebral compression (5 mins)

Drowning & CPR/EAV (50 mins)

Break 20 mins

Bones, joints and muscle injuries (30mins)

Incident management in remote areas (practical 60 mins)

Spinal Injuries (30 mins)

Lunch 45 minutes

Bites and stings (10 mins)

Effects of heat and cold (45 mins)

Poisoning (10 mins)

Stroke (10 mins)

Asthma (15 mins)

Break 20 mins

Practical skills 2 hours

Paperwork and admin 30 minutes

*Module duration 8 hours*

Course End