

WORKPLACE FIRST AID

COURSE CONTENT OVERVIEW

0333 006 7000

www.highspeedtraining.co.uk



This Workplace First Aid course has been designed by a qualified first-aider to help you learn or refresh your basic first aid skills. The course uses high-quality videos and written guidance to provide valuable information on what to do in an emergency and helps learners to recognise the symptoms of potentially life-threatening conditions.

Module One: The Primary Survey

This module looks at the basics of first aid and explains how to conduct a primary survey on a casualty. The module also looks at what should be included in your workplace's first aid kit.

- The aim of first aid
- Key annual statistics
- First aid regulations
- Your first aid box
- The primary survey: danger, response, airway, breathing

Module Two: The Secondary Survey

This module explains the steps involved in the secondary survey and teaches you how to put a casualty into the recovery position. The module also explains how to administer first aid to some common injuries, including how to apply a bandage.

- Steps of the secondary survey
- When to call an ambulance
- The recovery position
- Unconscious casualties
- Choking
- Wounds and bleeding
- Applying a bandage
- Shock

Module Three: Treating Secondary Injuries

This module looks at more of the injuries that you may have to administer first aid to in the workplace, including burns, broken bones and injuries to the head and eyes.

- Burns and scalds
- Eye injuries
- Head injuries
- Fractures and broken bones
- Dislocations
- Spinal injuries

Module Four: Resuscitation (CPR)

This module outlines how to administer CPR chest compressions and rescue breaths to a casualty.

- Administering CPR
- CPR for children and infants
- Defibrillators (AEDs)
- Extra things to consider

Module Five: Secondary Illnesses and Conditions

This module looks at some of the common secondary illnesses and conditions that you may come across in your workplace and explains how to identify and treat each one.

- Asthma
- Allergic reactions and anaphylaxis
- Diabetes
- Epilepsy
- Heart attacks
- Strokes

Module Six: Further Secondary Illnesses and Conditions

This module looks at more secondary illnesses and conditions that have the potential to be life-threatening if not identified and dealt with quickly.

- Hyperventilation
- Nosebleeds
- Sprains and strains
- Making an arm sling
- Poisoning
- Drowning
- Recordkeeping

Aims of the Training

By the end of this course, learners will:

- Understand workplace first aid regulations.
- Know how to conduct a primary survey on a casualty.
- Know how to administer CPR to a casualty.
- Know how to put casualties in the recovery position.
- Be able to deal with and respond to choking, wounds, bleeding and shock.
- Be able to deal with and respond to burns, eye and head injuries, fractures and dislocations.
- Know how to care for people suffering from asthma attacks, allergic reactions, nosebleeds, diabetic emergencies, epileptic seizures, heart attacks and strokes.
- Be able to deal with and respond to hyperventilation, fainting, sprains and strains, poisoning and drowning.
- Understand the importance of recordkeeping.