WORKPLACE FIRST AID

COURSE CONTENT OVERVIEW

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www.highspeedtraining.co.uk
This Workplace First Aid course has been specifically designed by a qualified first-aider to help businesses and individuals learn basic first aid skills so that they have the confidence to act in a potentially life-threatening situation.

The course uses high quality videos and written guidance to help you recognise emergency situations, treat minor conditions and reactions and ensure appropriate action is taken at the time of an incident.

Module One: Introduction and Primary Assessment
This module looks at the first aid health and safety regulations, outlines what should be included in a first aid box and provides high quality video overviews of the primary assessment steps, 'DRAB', to be undertaken in cases of emergency.

• The aim of first aid
• Health and safety regulations
• Your first aid box
• The primary assessment
• Danger
• Airway
• Response
• Breathing

Module Two: Resuscitation (CPR)
Using video alongside written guidance, this module explains how to administer CPR to adult casualties and outlines the use and necessity of defibrillators. The module also looks at what to consider if you have an unconscious casualty.

• Administering CPR
• Stopping CPR
• CPR for children and infants
• Defibrillators
• Things to consider
• Unconscious casualties

Module Three: Secondary Areas Part 1
This module provides video and written instruction on how to put a casualty into the recovery position. The module also looks at how to identify and treat choking, wounds and shock.

• Secondary areas
• The recovery position
• Choking
• Wounds and bleeding
• Shock

Module Four: Secondary Areas Part 2
This module looks at the best practice for dealing with various injuries, including burns, fractures and spinal injuries, outlining how you should respond to each situation.

• Burns
• Eye injuries
• Head injuries
• Fractures
• Dislocations
• Spinal injuries
• Amputation

Module Five: Secondary Conditions and Reactions Part 1
This module explains the best practice in responding to and treating various secondary conditions, such as asthma, allergies and diabetes. The module also looks at the symptoms and treatment of epilepsy, heart attacks and strokes.

• Asthma
• Allergic reactions
• Nose bleeds
• Diabetes
• Epilepsy
• Heart attacks
• Strokes

Module Six: Secondary Conditions and Reactions Part 2
This final module looks at some further secondary conditions, including their symptoms and treatment, such as fainting, sprains, poisoning and drowning. The module also explains the importance of record keeping for businesses.

• Hyperventilation
• Fainting
• Sprains and strains
• Poisoning
• Drowning
• Record keeping
Aims of the Training

By the end of this course, learners will have the appropriate knowledge to know how to:

• Understand first aid regulations.
• Do a primary assessment on a casualty.
• Administer CPR to a casualty.
• Put casualties in the recovery position.
• Deal with and respond to choking, wounds, bleeding and shock.
• Deal with and respond to burns, eye and head injuries, fractures and dislocations.
• Care for people suffering from asthma, allergic reactions, nose bleeds, diabetes, epilepsy, heart attacks and strokes.
• Deal with and respond to hyperventilation, fainting, sprains and strains, poisoning and drowning.
• Understand the importance of record keeping.