

COURSE CONTENT OVERVIEW

Emergency First Aid at Work (EFAW) Refresher



This Emergency First Aid at Work (EFAW) Refresher course refreshes the knowledge of qualified first aiders, where a risk assessment has deemed this level suitable, so they have a fundamental awareness of how to deliver life-saving first aid. Taking yearly refresher training is recommended to keep a first aider's understanding up to date in between their required practical training sessions. The course covers a range of fundamental information needed to help emergency first aiders fulfil their role, including primary and secondary surveys, full body examinations, the recovery position, administering CPR, using an AED, and treating certain injuries.

Module One - Introduction to Emergency First Aid at Work (EFAW)

This introductory module discusses the Health and Safety (First-Aid) Regulations and what it requires of businesses. It reminds you of the role of a first aider and the legal duties of your employer, and gives an overview of the importance of personal hygiene and waste management when delivering first aid.

- What is first aid?
- Key annual statistics
- The Health and Safety (First-Aid) Regulations 1981
- Medical assistance
- First aid kit
- The importance of infection prevention
- Hand hygiene
- Handwashing procedure
- Personal protective equipment (PPE)
- Cleaning after delivering first aid
- Waste disposal after giving first aid
- Record keeping
- The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR)

Module Two - The Primary and Secondary Surveys

This module refreshes your knowledge about carrying out primary and secondary surveys. It explains what to do during each of the five steps of a primary survey, also known as DRABC, and what to do during the secondary survey. It also discusses what to look for during a full body examination of a casualty.

- The primary survey (DRABC)
- Step 1: danger
- Step 2: response
- Step 3: airway
- Step 4: breathing
- Step 5: circulation
- Primary survey example scenario
- The secondary survey
- Full body examination

Module Three - The Recovery Position and Cardiopulmonary Resuscitation (CPR)

This module refreshes your knowledge of when and how to put a casualty into the recovery position and when and how to administer CPR to casualties. It also explains what to consider if the casualty is having a seizure or potentially has a spinal injury. Finally, it covers how to use defibrillators on casualties.

- Unconscious casualties
- Unconscious casualties - seizures
- The recovery position
- Cardiac arrest
- Administering CPR
- Further considerations for CPR
- Defibrillators (AEDs)

Module Four - Treating Injuries

This module provides guidance on delivering first aid for a variety of injuries, including minor injuries like cuts, bruises, and splinters. It will help first aiders understand what to do to ensure these are addressed effectively, safely, and hygienically to promote recovery and prevent infection.

- Choking
- Wounds and bleeding
- Applying bandages
- Shock
- Burns and scalds
- Further minor injuries

Aims of the training

By the end of this course, you will have a refreshed knowledge of:

- Workplace first aid regulations.
- The importance of infection prevention.
- The importance of record keeping and the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR).
- How to conduct primary and secondary surveys of casualties.
- How to put casualties into the recovery position.
- How to administer CPR to casualties.
- How to respond to and treat choking, minor cuts, grazes, burns and scalds.