

COURSE CONTENT OVERVIEW

# First Aid at Work (FAW) Refresher



This First Aid at Work (FAW) Refresher course refreshes the knowledge of qualified first aiders each year, which is the recommended interval for refresher training to keep their understanding up to date in between required practical training sessions. The course covers all the fundamental information needed to help first aiders fulfil their role, including primary and secondary surveys, full body examinations, the recovery position, administering CPR, using an AED, and treating injuries, illnesses, and health conditions.

### **Module One - Introduction to First Aid at Work**

This 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 first aider suspects a casualty has a spinal injury. Finally, it covers how to use defibrillators on casualties.

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

### **Module Four - Treating Injuries: Part One**

This module refreshes your knowledge of how to provide first aid for a range of injuries, including choking (which covers back slaps and abdominal thrusts), applying pressure to bleeding, putting on bandages, and dealing with burns. Part one and two cover a wide range of scenarios that will help first aiders deliver help to injured casualties.

- Choking
- Wounds and bleeding
- Applying bandages
- Shock
- Burns and scalds
- Electrical burns
- Chemical burns

### **Module Five - Treating Injuries: Part Two**

This module also refreshes your knowledge of how to provide first aid for a range of injuries, including eye injuries (such as embedded objects), head injuries like concussions and skull fractures, dislocations, and how to make an arm sling. It also gives more detailed guidance for what to do if you suspect a spinal injury.

- Eye injuries
- Head injuries
- Fractures
- Sprains and strains
- Dislocations
- Making an arm sling
- Spinal injuries

### **Module Six - Illnesses and Health Conditions**

This module refreshes your knowledge of various illnesses and health conditions that a casualty may experience, such as heart attacks, strokes, and allergic reactions, and what you should do to help them. It also covers how to help casualties with conditions like epilepsy, asthma, and diabetes, including helping to administer any of their own medication.

- Heart attacks
- Angina attacks
- Strokes
- Epilepsy
- Asthma
- Allergic reactions and anaphylaxis
- Diabetes
- Hyperventilation
- Nosebleeds
- Poisoning
- Drowning

## Aims of the training

Upon completion of the training, 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, wounds, bleeding and shock.
- How to respond to and treat burns, eye and head injuries, fractures, sprains and strains, dislocations and spinal injuries.
- How to administer care to casualties suffering from heart and angina attacks, strokes, epilepsy, asthma, allergic reactions, diabetic emergencies, hyperventilation, nosebleeds, poisoning and drowning.