



ST BERNARD'S
SAFETY TRAINING INSTITUTE

www.healthandsafety.com.mt

First Aid at Work

Suitability: The First Aid at Work course is for people working in areas where risk of an accident is high and too many hazards are present. It is also suitable for people who would like to learn or broaden their knowledge on basic life saving skills.

Validity of Certificate: 3 years

Course Assessment: During the First Aid course, participants are practically assessed on the various practical aspects (mentioned below) of the First Aid Course. At the end of the First Aid Course, participants are assessed by a theory assessment sheet to assess understanding of main topics.

St Bernard's First Aid & Safety Training Institute is licensed by the National Commission for Further and Higher Education to conduct First Aid Courses to the general public. Our license number is 2014-FHI-002.

We are accredited by the Safety Training Awards (STA) of UK, to conduct First Aid Courses. Our First Aid certificates are worldwide recognized.

The First Aid Course is made up of 5 sections, which are:

Section 1: Introduction to First Aid

Section 2: Minor First Aid Treatments

Section 3: Major First Aid Treatments

Section 4: Recognition of Various Illnesses and First Aid Treatment

Section 5: Body Injuries and First Aid Treatment

The First Aid Course includes practice of Primary Survey concluded by CPR on adult manikin, Secondary Survey concluded by the recovery position, Choking, practice of various wound dressing including sprains and strains and different slings-makings.

Main Course Topics:

Introduction to First Aid

1. Aims of First Aid
2. Hygienic Aspects when delivering First Aid
3. Legal Aspects that concern First Aiders
4. The Accident Book
5. Contents of a First Aid Box
6. Planning for an Emergency

Minor First Aid Treatments

7. First Aid Treatment for a casualty suffering from Nose Bleeding
8. First Aid Treatment for a casualty suffering from a Panic Attack
9. First Aid Treatment for a casualty suffering for Asthma
10. First Aid Treatment for a casualty suffering from Fainting
11. First Aid Treatment for Eye Injuries
12. First Aid Treatment for Splinters

Major First Aid Treatments

13. The Function of the Respiratory System
14. Resuscitation and the Resuscitation Flow Chart
15. Being able to conduct a Primary Survey for an unresponsive, not breathing casualty - CPR
16. Being able to conduct a Secondary Survey for an unresponsive, breathing casualty - Recovery Position
17. First Aid Treatment for Choking
18. First Aid Treatment for Drowning
19. First Aid Treatment for Hypothermia, Heat Stroke and Heat Exhaustion
20. First Aid Treatment for the different types of Poisons
21. First Aid Treatment for various Allergies
22. Being able to identify and deliver First Aid Treatment for various types of Head Injuries
23. Being able to identify and deliver First Aid Treatment for various types of Body Shocks
24. Being able to identify and deliver First Aid Treatment for Spinal Injuries

Recognition of various Illnesses and First Aid Treatment

25. Being able to identify and deliver First Aid Treatment to the various types of Diabetes
26. Being able to identify and deliver First Aid Treatment for Seizures and Epilepsy
27. Being able to identify and deliver First Aid Treatment for Stroke
28. Being able to identify and deliver First Aid Treatment for Heart Attack

Body Injuries

29. First Aid Treatment for Major and Minor Wounds
30. First Aid Treatment for Sprains and Strains
31. Being able to identify and deliver First Aid Treatment for various Bone Fractures and Dislocations
32. Being able to identify and deliver First Aid Treatment for various types of Body Burns and Scalds
33. First Aid Treatment for Flail Chest Injury