



First Aid at Work

Suitability: This course is suitable for anyone involved in a work area where risk of an accident is **high** and who would like to learn the basic first aid skills in handling accidents or illnesses that might occur. It provides in depth information of what needs to be done until professional medical assistance takes over. This course is also suitable to renew an existing qualification in the subject

Validity of Certificate: 3 years

Course Duration: 12 hours

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

Certification: Upon successfully completing the First Aid at Work course, each participant will be awarded with a certificate of competence in the subject.

The First Aid at Work course includes practice of Primary Survey concluded by CPR on adult, child and baby manikin, Secondary Survey concluded by the recovery position, recovery position for spinal injury, practice of various wound dressing and sling-making

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

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
7. Arriving at the Scene
8. Contacting the Emergency Services

Minor First Aid Treatments

9. Nose Bleeding
10. Panic Attack
11. Eye Injuries
12. Animal Bites and Insect Stings
13. Splinters
14. Bruises
15. Grazes

Major First Aid Treatments

16. The Chain of Survival
17. Being able to conduct a Primary Survey for an unresponsive, not breathing casualty - CPR
18. Use of an AED machine combined with CPR
19. Being able to conduct a Secondary Survey for an unresponsive, breathing casualty - Recovery Position
20. Choking
21. The Respiratory System
22. Asthma
23. Drowning
24. Electric Shock

- 25. Various Types of Poisons
- 26. Allergies
- 27. Head Injuries
- 28. Various types of Body Shocks
- 29. Hypothermia
- 30. Heat Exhaustion
- 31. Heat Stroke

Recognition of Various Illnesses and Conditions

- 32. Diabetes
- 33. Seizures and Epilepsy
- 34. Stroke
- 35. Heart Attack & Angina
- 36. Fainting

Body Injuries

- 37. Major Body Wounds
- 38. Bleeding
- 39. Sprains and Strains
- 40. Bone Fractures and Dislocations
- 41. Spinal Injuries
- 42. Crush Injuries
- 43. Body Burns and Scalds