



HCTS

HEALTH CARE TRAINING SERVICES

Here to help you - Look to the future and let Health Care Training Services deliver your training needs today

1 Day Emergency First Aid at Work Course Syllabus – Page 1

SUBJECT

Introduction & Administration

Welcome, registration, building layout, course overview, smoking policy. Current advice and guidelines re infection control throughout course.

What to do in an Emergency & The Unconscious Casualty

Actions at an Emergency - Danger, delegation, call-out methods
The Unconscious Casualty (definition and causes)
Recognition (Levels of response) and Management
Airway & Breathing rules, Injury examination, Recovery Position
Student Practice and Informal Self-Assessment Worksheet

Break

Heart Attack & Resuscitation

The heart, circulation of blood
Recognition and management of a heart attack
The AB rules & Manikin demonstration (UK Resuscitation Council)
AED protocol and demonstration.
Student Practice and Informal Self-Assessment Worksheet

Lunch

Asphyxia

Asphyxia, causes, general management, the choking casualty and asthma.

Health & Safety (First Aid) Regulations 1981

Responsibilities in the Workplace - communication/delegation/record keeping
Contents of the First Aid Box, buying and restocking materials/
Preventing cross infection (COSHH; PPE)

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Shock, Bleeding & Wounds

Shock - definition, recognition and management (WARR)

Types of wounds, recognition and management:

Direct / indirect pressure & elevation

Foreign bodies in wounds - management + infection

Catastrophic blood loss (if applicable under risk assessment from work)

Student Practice and Informal Self-Assessment

Break

Seizures & Diabetes

Fainting – definition and management

Diabetic emergencies – recognition and management

Epilepsy and seizures

Burns & Scalds

Types, classifications (S.I.F.T. area and guidelines for 999) signs and symptoms

Causes and management (dry heat, wet heat, electrical, chemical & radiation)

Complications and SHOCK

Fractures, Dislocations, Sprains & Strains

Definition; types; causes; signs & symptoms and management

Debrief & Close

Course content can be changed to meet specific requirements with sufficient notice.

Timings vary per course.