



COURSE OUTLINE

COURSE TITLE: Emergency first aid at work

COURSE LEVEL: 3

DURATION: One day (6 hours)

Introduction

A one day course in First Aid designed to give an introduction to this subject with particular emphasis on children and young people.

Benefits of Attending

A certificated course that is assessed and national recognised. This is a lifesaver course giving participants essential life saving emergency techniques. This course covers the needs of the appointed person tailored to your workplace. Suitable for low risk workplaces where a nominated person will deal with emergency incidents. A good grounding in first aid with a real chance to practice all skills including use of resuscitation dummies and all other relevant equipment

Programme Highlights

- Understanding legislation and best practice
- Assessment and safety
- Collapse management
- Injury management
- External and internal bleeding management
- Shock management
- Choking management
- Resuscitation procedures

Who Should Attend

All new staff. All staff who have not attended for 3 years.

Special Notes

Certificates are valid for 3 years. Maximum of 12 persons per course

Emergency first aid at work

Learning outcomes

- To provide the learner with a brief opportunity to learn about a variety of first aid treatments and actions for children and adults
- The course is HSE accredited and the learner will receive a certificate of attendance which is valid for three years

Each day starts with Introductions

The course requires 6 hours of learning and is taught over 1 day with 4 sessions of one and a half hours. Different trainers arrange the days in different ways so that there is no set programme but all the following subject areas will be covered in depth.

- First aid kit
- Action planning
- Treatment of an unconscious casualty
- Resuscitation
- Choking. CPR.
- Asthma and diabetic emergencies
- Head injuries,
- Seizures, convulsions
- Bleeding. Eye injuries
- Burns, scalds and smoke inhalation
- Sprains, strains and fractures. Spinal injuries
- Poisoning, bites and stings,
- Allergies, anaphylaxis
- Foreign objects
- Shock
- Drowning. Electric shock
- Heat stroke and hypothermia

Each day finishes with an opportunity for any questions before the close