

**FIRST AID AT WORK
and
EMERGENCY FIRST AID AT WORK
Annual Refresher course**

Module 1	Responsibilities
Module 2	Primary Assessment
Module 3	Secondary Assessment
Module 4	Principles of Resuscitation
Module 5	Wounds and Bleeding

Module 1

Responsibilities

Module content: Responsibilities of the First Aider
Contacting the emergency services
Priorities of First Aid treatment
Communication with casualty/casualties

Module duration: 20 minutes

Module 2

Primary Assessment

Module content: Danger
Response
Airway
Breathing
Circulation

Module duration: 30 minutes

Module 3

Secondary Assessment

Module content: Casualty assessment
Top-to-toe survey
Recovery position – how and why
Action for a vomiting casualty

Module duration: 30 minutes

Module 4

Principles of Resuscitation

Module content:

Principles of resuscitation (EAV)
Principles of cardiopulmonary resuscitation
Current ERC Guidelines
Procedures for the following scenarios

- 1) A casualty who is not breathing normally
 - With First Aider alone
 - With assistance

If trained assistance is available
Alternative types of expired air ventilation
Use of face shields & masks
Chain of survival

Module duration:

40 minutes

Module 5

Wounds and Bleeding

Module content:

Types of wound
Types of bleeding
Preventing cross-infection
General rules for bandaging
Treatment of minor & major external bleeding
Internal bleeding recognition and treatment

Module duration

1 hour