

## AIM

To be able to provide effective first aid to a casualty

## DURATION

Half-Day Course (3 hours)

## LEARNING OUTCOMES

By the end of this course, you will:

- Understand the role of a First Aider
- Be aware of the relevant legislation
- Understand the associated documentation
- Be aware of DNACPR forms
- Know what a First Aid Kit should contain
- Know how to conduct a Primary Survey
- Know how to perform effective CPR
- Understand how to deal with breathing casualties
- Recognise how to perform a Secondary Survey
- Know how to put a casualty into the Recovery Position
- Understand how to provide first Aid in some common situations

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## LESSONS AND TOPICS

### Introduction

- What is First Aid?
- Aims of the First Aider

### Legislation

- Health and Safety at Work Act
- RIDDOR

### Documentation

- First Aid Books
- DNACPR Forms

### First Aid Kits

- Contents

### Primary Survey

- DRSABCD
- Danger
- Response
- Shout / Summon
- Airway
- Breathing

### Unconscious and Not Breathing Casualties

- CPR
- Defibrillation
- Stopping CPR

### Breathing Casualties

- Secondary Survey
- Top to Toe Exam

### Emergency Scenarios

- Head Injury
- Choking
- Wounds and Bleeding
- Burns and Scalds
- Seizures