

# First Aid at Work Course (3 days)

This is our most comprehensive standard first aid course, held over 3 days. It is suitable for companies and organisations with several staff.

## Course Content:

### DAY 1

- Registration
- Introduction
- Principles of First Aid
- Vital Signs
- Accident Procedure
- Safe Airway Procedure
- Seizures
- CPR
- Choking
- External Bleeding and Shock
- Minor Injuries
- Incident Reporting
- Summary

### DAY 2

- Day 1 Review
- Incident Management Scenario – Injured and Bleeding
- Casualty Monitoring
- Damage Survey
- Soft Tissue, Bone and Joint Injuries to the Limbs
- Incident Management Scenario – Unconscious with Damaged Limb
- Head Injuries
- Neck and Spinal Injuries
- Other Serious Injuries
- Skills Development
- Recognising and Managing Illness
- Summary

### DAY 3

- Day 1 and 2 Review

- Dealing with Collapse
- Burns and Scalds
- Incident Management Scenario – Conscious who is Damaged and Bleeding
- Poisoning and Anaphylaxis
- Skills Review (CPR)
- Eye Injury
- Regulatory Framework
- End of Incident Procedures
- Workplace Related Scenarios
- Exam
- Course Summary

**What to expect and what to bring:**

All Fieldskills courses involve some practical elements. In the case of first aid this may be just some bending and lifting inside the classroom, in other courses this may involve working outside in rough or even remote terrain. Clients are reminded of the importance of operating within their abilities and informing Fieldskills of any medical or other issues which may affect their active participation.

This course is a combination of teaching and hands on practical sessions. Any clients who are unable to take part in activities such as kneeling, being rolled over as a simulated casualty or simulated CPR on manikins should let us know.

For the purpose of certification please bring a form of identification, for example, an I.C. card.

**Contact us:**

If you would like any further information, please contact us on 088 484 734 or email us at [info@fieldskills.com](mailto:info@fieldskills.com)