



# First Aid at Work

**Course Duration:** 18 Hours

## Example Course Timetable

This is just an example and we can adjust the timetable to meet with your workplace requirements.

### Unit 1: Emergency First Aid at Work

09:00–09:15

Assembly and Introductions

09:15–09:45

The Role of the First Aider

09:45–10:00

Assessment of an Emergency Situation and Your Actions

10:00–11:00

Cardio Pulmonary Resuscitation

**11:00–11:15**

**Break**

11:15–11:45

The Unconscious Casualty

11:45–12:15

Automated External Defibrillator

12:15–12:30

Choking

12:30–13:00

Shock including External Bleeding

**13:00–13:45**

**Lunch**

13:45–15:30

Practical Skills and Assessment

15:30–16:00

Minor Injuries

16:00–16:15

Course Evaluation and Closure



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### Unit 2: Recognize and Manage Workplace Illness & Injury

09:00–09:15	Assembly and Introductions
09:15–09:30	The Respiratory System
09:30–10:00	Hypoxia
10:00–10:15	Chest Injuries
<b>10:15–10:30</b>	<b>Break</b>
10:30–11:20	Asthma and Hyperventilation
11:20–11:35	Circulatory System
11:35–12:05	Wounds and Bleeding
12:05–12:20	Eye Injuries
12:20–13:00	Shock including External Bleeding
<b>13:00–13:30</b>	<b>Lunch</b>
13:30–13:45	Anaphylaxis
13:45–14:15	Angina and Heart Attack
14:15–14:45	Stroke
14:45–15:15	Burns & Scalds
15:15–15:30	Poisonous Substances
15:30–16:00	Assessment
16:00–16:15	Course Evaluation and Closure



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### **Unit 2: Recognize and Manage Workplace Illness & Injury**

09:00-09:35

Assembly and Recap CPR & AED

09:35-11:00

Fractures, Dislocations, Sprains and Strains

**11:00-11:15**

**Break**

11:15-12:15

Head and Spinal Injuries

12:15-13:00

Recap Recovery Position

**13:00-13:30**

**Lunch**

13:30-14:00

Major illnesses: Epilepsy and Diabetes

14:00-15:00

Secondary Survey

15:00-16:00

Practicals and Assessment

16:00-16:15

Course Evaluation and Closure