



Blended Emergency First Aid at Work Sample Timetable

Elearning: 2 hours

Classroom: 4 hours

09:00 - 09:10	Course registration, welcome and introduction
09:10 - 09:30	Q and A recap of elearning (principles of first aid and role of first aider, Managing a First Aid Incident, Importance of personal hygiene in first aid procedures, including contaminated waste disposal)
09:30 - 10:20	Primary assessment, CPR/AED
10:20 - 10:30	Break
10:30 - 10:45	CPR/AED continued
10:45 - 11:15	Choking
11:15 - 11:45	Secondary assessment, recovery position
11:45 - 12:30	Wounds, bleeding and shock
12:30 - 13:00	End of course written assessment