

Blended First Aid at Work

Sample Timetable

Elearning: 6 hours

Classroom: 12 hours

DAY 1

Unit 1 – Emergency First Aid at Work

09:00 - 09:15	Welcome, housekeeping
09:15 - 09:35	Recap from elearning of Role and responsibilities of a first aider inc infection control, consent, first aid equipment, incident reporting
09:35 - 10:05	Incident and casualty assessment: scene survey, primary survey, calling for help/information needed
10:05 - 10:20	Break
10:20 - 12:05	CPR and AED (unresponsive casualty not breathing normally)
12:05 - 12:35	Lunch
12:35 - 13:20	Unresponsive casualty breathing normally: recovery position, management of a seizure
13:20 - 13:55	Choking casualty - recognition and treatment
13:55 - 14:10	Shock - types, recognition and treatment
14:10 - 14:25	Break
14:25 - 15:50	<u>External bleeding</u> : Types and treatment. <u>Minor injuries</u> : Small cuts, grazes, bumps and bruises, small splinters, minor burns & scalds and nosebleeds
15:50 - 16:20	Multiple choice question paper/theory assessment
16:20 - 16:30	Issue any homework reading and closure

DAY 2

Unit 2 – Recognition and Management of Illness and Injury at Work

09:00 - 09:15	Welcome and quick recap
09:15 - 10:00	Recap of elearning for respiratory system and hypoxia
10:00 - 10:15	Chest injuries - recognition and treatment
10:15 - 10:30	Break
10:30 - 10:40	Recap of circulatory system
10:40 - 11:15	Wounds and bleeding - amputation, embedded objects, crush injury and recognise potential internal bleeding
11:15 - 11:25	Eye injuries
11:25 - 12:00	Shock inc anaphylaxis
12:00 - 12:30	Recap of angina and heart attack
12:30 - 13:15	Lunch
13:15 - 13:35	Fractures, dislocations, sprains and strains - recognition and treatment. support and elevation slings
13:35 - 14:20	Head and spinal injuries - types, recognition, treatment and Manual Inline Stabilisation (MILS)
14:20 - 15:00	Recap of epilepsy, diabetes, asthma
15:00 - 15:15	Break
15:15 - 15:30	Recap of heart attack, stroke
15:30 - 15:45	Recap of poisoning, burns
15:45 - 15:55	Q and A
15:55 - 16:20	Multiple choice question paper/theory assessment
16:20 - 16:30	Course evaluation and closure

IF TEACHING CATASTROPHIC BLEEDING TECHNIQUES

15:50 - 16:30	Tourniquet and Haemostatic dressings
16:30 - 17:00	Multiple choice question paper/theory assessment