

HSE First Aid at Work Course Description (from 1st October 2009)

Aims & Objectives

The aims and objectives of the HSE (Health & Safety Executive) First Aid at Work Course are to enable individuals designated as the First Aider at work to carry out appropriate first aid in an emergency situation. Following the course the attendees will be able to manage a casualty who is injured at work, or suffers from a serious illness, until the emergency services arrive. Each on site course is tailored around your workplace where possible.

General Information

Maximum of 12 attendees per instructor

Course Duration

18 hours (3 Days)

This can be broken down into bite size chunks of training to suit your requirements. Training must be completed over a maximum of nine weeks.

Delivery Technique

This course is delivered via a range of techniques including;

- Instructor led presentation
- Group practice
- Group discussion
- PowerPoint
- Video presentation

The amount of different methods of presentation is flexible to suit the needs of the group.

Course Assessment

All attendees are required to undertake an assessment on the final day of the course. Both practical and theoretical aspects will be assessed. The assessments are carried out by two external assessors who have not been involved in the teaching of the course. Our assessors are trained to carry out the assessments in a low stress environment and to instill confidence in all attendees.

Course Certification

All successful attendees will be awarded a certificate approved by the Health & Safety Executive (HSE), this certificate is valid for three years.

What do I need to host this course on site?

- A room that will comfortably seat the amount of attendees and allow for floor practice for the duration of the course
- Two additional assessment areas on the final afternoon of the course

HSE First Aid at Work - Course Content and Suggested Timetable

Day One

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| 09.00 – 09.15 | Introduction & Course Administration |
| 09.15 – 09.45 | Aims of First Aid Dealing with an Emergency |
| 09.45 – 10.30 | Priorities of Treatment Cardio Pulmonary Resuscitation (CPR) - Adult |
| 10.30 – 10.45 | Break |
| 10.45 – 11.45 | CPR continued – Adult, Child & Baby |
| 11.45 – 12.00 | Recognition & Treatment of Regurgitation. Use of face shields |
| 12.00 – 12.30 | Lunch |
| 12.30 – 13.10 | Unconscious Patient |
| 13.10 – 14.40 | Hypoxia causes / signs & symptoms (inc Respiratory system & chest injuries) |
| 14.40 – 14.55 | Break |
| 14.55 – 15.15 | Choking – Adult, Child & Baby |
| 15.15 – 16.30 | Asthma / Hyperventilation Recap, Questions & Answers |

Day Two

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|----------------------|---|
| 09.00 – 09.30 | Recap of Day One |
| 09.30 – 10.30 | The Circulatory System Blood Loss theory / Internal Bleeding |
| 10.30 – 10.45 | Break |
| 10.45 – 11.05 | Treatment of Severe Bleeding |
| 11.05 – 12.00 | Hygiene |
| | Bandaging First Aid Kits |
| 12.00 – 12.30 | Lunch |
| 12.30 – 13.25 | Shock / Anaphylaxis |
| 13.25 – 14.25 | Angina & Heart Attack |
| 14.25 – 14.40 | Break |
| 14.40 – 15.05 | Stroke “Brain Attack” |
| 15.05 – 16.30 | Burns & Scalds Poisoning CPR / Recovery Practice |

Day Three

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|----------------------|---|
| 09.00 – 09.30 | Recap of Day Two |
| 09.30 – 10.50 | Skeletal System Fracture Signs & Symptoms |
| 10.50 – 11.05 | Break |
| 11.05 – 12.05 | Sprains & Strains Head & Spinal Injuries |
| 12.05 – 12.35 | Lunch |
| 12.35 – 13.35 | Epilepsy / Seizures Diabetes |
| 13.35 – 14.15 | Secondary Assessment CPR / Assessment Practice |
| 14.15 – 14.30 | Incident Recording |
| 14.30 – 16.00 | Final Assessments |
| 16.00 – 16.30 | Communication of Results Course Closure and Evaluation |