RiseUp Solutions

COURSE OUTLINE

Basic First Aid & CPR Training

OVERVIEW

This practical course gives participants a sound understanding and working knowledge of first aid, so they can help someone after an accident until professional help arrives. It covers common workplace emergencies, from bleeding, fractures and burns to shock, choking and CPR. Participants demonstrate procedures on the floor, so trousers and flat shoes are recommended.

WHO IT'S FOR
Staff nominated as their workplace's internal first aiders.

DURATION
2 days

DELIVERY
In-house · Public

OBJECTIVES

- Manage a first aid incident effectively
- Deal with a range of common workplace injuries
- Give basic life-saving help
- Understand the role and responsibilities of an appointed person in a small or medium-sized organisation

MODULES

1. Introduction to First Aid

- Accidents and their outcomes
- What first aid is
- Legal requirements, first aid room and facilities
- Objectives of first aid
- Who a first aider is, and their responsibilities
- What to do in an emergency
- The basic first aid kit
- First aider safety first

2. Wounds and Bleeding

- The circulatory system
- Blood cells
- Types of wounds
- Types of bleeding (arterial, venous, capillary)
- Signs and symptoms of bleeding
- First aid for bleeding
- Eye injuries
- Amputation
- Nosebleeds
- Bruising

3. Dressing and Bandaging

- Wound dressing
- Triangular bandage, reef knot, arm sling and ring pad
- Scalp bandage
- Bandaging the leg, arm and hand
- Practical: dressing wounds and bandaging
- Practical: applying different types of arm sling

4. Musculoskeletal Injuries

- Soft tissue injuries: causes of and first aid for sprains and strains
- Fractures: bone anatomy, types, signs and symptoms, first aid
- Practical: applying splints to different parts of the body
- Spinal injuries: spine anatomy, signs and symptoms, first aid
- Practical: applying a cervical collar

5. Burns and Scalds

- Types and causes of burns and scalds
- Skin anatomy
- Degrees of burns
- Rule of nines
- First aid for burns
- Chemical burns to the eye

6. Loss of Consciousness

- The circulatory system
- Shock: causes, signs, symptoms and first aid
- Fainting: causes, signs, symptoms and first aid
- First aid for electric shock
- Heat stroke: risk factors, signs, symptoms and first aid
- Hypothermia: symptoms and first aid

7. Poisoning and Snake Bites

- What a poison is
- Signs, symptoms and first aid for poisoning
- Signs, symptoms and first aid for snake bites

8. Choking

- Choking and first aid for choking

9. Moving a Casualty

- Moving a victim
- Techniques for one to five rescuers
- Practical: using a stretcher and other lifting equipment

10. Cardiopulmonary Resuscitation (CPR)

- Anatomy of the circulatory and respiratory systems
- Why speed is essential
- One-person CPR: DRABC
- Practical: CPR on a manikin

11. Case Study, Test and Closing

- Case study: accident and first aid scenario
- Theory test
- Review and closing

HRD Corp claimability confirmed in your proposal

hello@3riseupsolutions.com · WhatsApp 017-899 7575 · www.3riseupsolutions.com