

Rochdale Occupational Health Service Ltd

Course Contents for 3-day First Aid at Work Course

| DAY ONE | DAY TWO | DAY THREE |
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| Session One - 9.00am - 12.00pm <i>Morning Break - 10.15am - 10.30pm</i> | Session Three - 9.00am - 12.00pm <i>Morning Break - 10.15am - 10.30pm</i> | Session Five - 9.00am - 12.00pm <i>Morning Break - 10.15am - 10.30pm</i> |
| <ul style="list-style-type: none"> • Welcome & Introduction • Legislation • Duties & Responsibilities • ABC & Priorities of Treatment • Wounds & Bleeding • Control of Bleeding - Dressings | <ul style="list-style-type: none"> • Review of Day One • Heart Attack & Angina • Shock • Stroke • Practical Workshop (CPR/Recovery/Dressings) • Head Injuries | <ul style="list-style-type: none"> • Review of Day Two • Diabetes • Eye Injuries • Fractures • Strains & Sprains • First Aid Kits • Practical Workshop (CPR/Recovery/Dressings) • Final Revision / Review |
| Session Two - 12.30pm - 4.00pm <i>Afternoon Break - 2.15pm - 2.30pm</i> | Session Four - 12.30pm - 4.00pm <i>Afternoon Break - 2.15pm - 2.30pm</i> | Written, Practical & Oral Assessments |
| <ul style="list-style-type: none"> • Burns & Scalds • Primary & Secondary Survey (inc AVPU) • Care of the Unconscious • Recovery Position • CPR & Need for Defib • CPR Skill Station | <ul style="list-style-type: none"> • Choking • Asthma • Poisoning • Anaphylaxis • Practical Workshop (CPR/Recovery/Dressings) • Epilepsy • Topic Reviews | <ul style="list-style-type: none"> • Written Exam Paper - 12.00pm - 12.20pm <i>(75% pass mark required to proceed to next assessments)</i> • Lunch Break - 12.20pm - 12.50pm • Practical & Oral Assessments -12.50pm onwards <i>(candidates see assessors in alphabetical order)</i> |