

Emergency First Aid At Work



For Drivers

This 7-hour course includes:

- 🎓 Explanation of the first aid at work rules
- 🎓 General fear of first aid experienced by responders:
- 🎓 Including transfer of disease, legality and costs
- 🎓 Barriers possibly encountered
- 🎓 How to carry out an initial assessment
- 🎓 Evaluation of breathing
- 🎓 Recovery Position (Explanation and demonstration)
- 🎓 Explanation of the cardio system
- 🎓 Cardiac Arrest – Heart Attack
- 🎓 Full explanation of CPR
- 🎓 Demonstration of CPR
- 🎓 Chest compression only CPR
- 🎓 CPR Hand-over
- 🎓 How to deal with (Adult) choking
- 🎓 Abdominal Thrusts
- 🎓 Bleeding
- 🎓 Management of blood loss



- 🎓 Dealing with wounds
- 🎓 Minor bleeds
- 🎓 First Aid Kit - Various Bandages
- 🎓 Shock – caused by blood loss or bleeding
- 🎓 Generally encountered injuries and / or conditions (Part 1)
- 🎓 Spinal
- 🎓 Burns / Scalds
- 🎓 Anaphylactic Shock / Allergies
- 🎓 Generally encountered injuries and / or conditions (Part 2)
- 🎓 Seizures & Epilepsy
- 🎓 Bones: Breaks – Fractures – Dislocation
- 🎓 Generally encountered injuries and / or conditions (Part 3)
- 🎓 Crush injuries
- 🎓 Identification of crush hazards
- 🎓 Eye Injuries

The course also includes numerous film presentations, practical exercises and confirmation of learning quizzes.

