

## **First Aid At Work – 2 day Refresher course**

### **Day 1 (Sample 2 Day Programme)**



09.15 – 09.30	Registration & Aims of First Aid
09.30 – 10.15	Record Keeping First Aid Box Contents First Aid Supplies Duties of Employers
10.15 – 10.30	COFFEE
10.30 – 11.30	Communication Rescuer Safety Accident Scenarios Recognising Illness
11.30 – 12.45	Top to Toe Survey Assessment Reasons for Unconsciousness Levels of Unconsciousness Recovery Position
12.45 – 13.30	LUNCH
13.30 – 15.00	Cardiopulmonary Resuscitation – Dealing with Cardiac Arrest Rescue Breathing – Dealing with Respiratory Arrest
15.00 – 15.15	COFFEE
15.15 – 16.15	Treatment of Shock Treatment of Minor Injuries
16.15 – 16.45	Day 1 Questionnaire Revision Reading for Day 2 (Moving Injured People)

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### **Day 2 (Sample 2 Day Programme)**



09.15 – 09.30	Registration
09.30 – 10.00	Moving Injured People
10.00 – 10.15	Treating Eye Injuries
10.15 – 10.30	COFFEE
10.30 – 11.45	Poisons / Gases / Fumes Treating Burns and Scalds Treating Injuries to Bones, Muscles and Joints
11.45 – 12.45	Treating and controlling bleeding Bandaging practice
12.45 – 13.30	LUNCH
13.30 – 14.00	Day 2 Questionnaire
14.00 – 14.45	Recovery Position General Revision
14.45 – 16.45	Examination