

First Aid At Work – 3 Day Health and Safety course

Day 1 (Sample 3 Day Programme)

09.15 – 09.30	Registration
09.30 – 10.15	Record Keeping First Aid Box Contents First Aid Supplies Duties of Employers
10.15 – 10.30	COFFEE
10.30 – 12.45	Aims of First Aid Accident Scenarios Communication Cross Infection / Personal Hygiene Rescuer Safety
12.45 – 13.30	LUNCH
13.30 – 14.15	Recognising Illness Top to Toe Assessment
14.15 – 15.00	Reasons for Unconsciousness Levels of Unconsciousness Recovery Position
15.00 – 15.15	COFFEE
15.15 – 16.30	Breathing Difficulties Asthma Poisons / Gases / Fumes
16.30 – 16.45	Day 1 Evaluation / Close – Prep Reading for Day 2

First Aid At Work – 3 day Health and Safety course

Day 2 (Sample 3 Day Programme)

09.15 – 09.30	Registration
09.30 – 10.15	Day 1 – Questionnaire / Answers
10.15 – 10.30	COFFEE
10.30 – 11.00	Theory of Resuscitation Measures – Chain of Survival
11.00 – 12.45	CPR / Rescue Breathing - Practical
12.45 – 13.30	LUNCH
13.30 – 14.30	Types of Wounds Treating and Controlling Bleeding
14.30 – 15.00	Bandaging - Practical
15.00 – 15.15	COFFEE
15.15 – 16.00	Recognition and Treatment of Burns and Scalds Eye Injuries
16.00 – 16.30	Minor Injuries
16.30 – 16.45	Day 2 Evaluation and Close – Prep Reading for Day 3

First Aid At Work – 3 day Health and Safety course

Day 3 (Sample 3 Day Programme)

09.15 – 09.30	Registration
09.30 – 10.15	Recognition and Treatment of Shock
10.15 – 10.30	COFFEE
10.30 – 11.30	Injuries to Bones, Muscles and Joints Sprains and Strains
11.30 – 12.15	Treatment of Bone / Muscle / Joint Injury Treatment of Sprains and Strains Moving Injured People
12.15 – 12.45	Treating the Effects of Heat / Cold
12.45 – 13.30	LUNCH
13.30 – 14.30	Heart Attacks and Angina
14.30 – 16.30	Examination