

# EMERGENCY FIRST AID AT WORK

## 1. Introduction to First Aid

- The role of a first aider
- Legal considerations in workplace first aid
- Basic principles of first aid (DRABC – Danger, Response, Airway, Breathing, Circulation)

## 2. Assessment of the Casualty

- Primary and secondary surveys
- Scene safety and risk assessment
- Casualty history and vital signs

## 3. CPR and Resuscitation

- Cardiac arrest recognition
- Performing CPR (Adult, Child, Infant)
- Use of an Automated External Defibrillator (AED)

## 4. Choking

- Treatment of a conscious casualty
- Treatment of an unconscious casualty

## 5. Wounds and Bleeding

- Types of bleeding (arterial, venous, capillary)
- Controlling external bleeding (direct pressure, dressing, bandages)
- Wound care and infection prevention

## 6. Shock

- Recognising signs and symptoms of shock
- Treatment for different types of shock (hypovolemic, anaphylactic, etc.)

## **7. Fractures and Musculoskeletal Injuries**

- Recognising and managing fractures (splinting techniques)
- Dislocations and sprains
- Principles of immobilisation

## **8. Burns and Scalds**

- Types of burns (thermal, chemical, electrical)
- First aid for burns (cooling, dressing)
- Treatment for scalds

## **9. Medical Emergencies**

- Managing asthma attacks
- Heart attack and stroke recognition
- Seizures and epilepsy

## **10. Poisoning**

- Signs and symptoms of poisoning
- First aid for ingested, inhaled, or absorbed poisons
- Use of activated charcoal and hospital referral

## **11. Environmental Injuries**

- Recognising and managing heatstroke and hypothermia
- Dealing with sunburn, frostbite, and heat exhaustion

## **12. Incident Reporting and Record Keeping**

- Incident reporting procedures
- Maintaining records of accidents and injuries
- Legal and regulatory considerations