

Emergency First Aid at Work Course

Basic Lesson Plan

DJM/2020

Your Participants will be practically assessed in:

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| <ul style="list-style-type: none"> • First Aider's basic responsibilities • Contents of a first aid kit • Emergency protocol, (DRABCD) • Unresponsive person recovery • Position for child and baby • CPR Adult (child and baby if required) • AED use • Choking • Bleeding control | <ul style="list-style-type: none"> • Hypovolemic shock control • Heart attack • Burns • Breaks • Sprain, joint support and bandages • Seizures • Any specific illnesses required • Open forum questions |
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As a trainer, you need to see competence in all the assessed subjects marked below in red, making any comments on the register. Suggested timings given, but not absolute. Games and activities highly recommended. P = practical session, T = theory or test only, A = Activity Day 1 and 2 for two part course.

1 Day Times	Two Day	Mins	Topic	Additional Equipment
0900	Day 1	10	Welcome introduction and house rules T	PowerPoint if desired
0905		5	First Aider's basic responsibilities and HSE rules and duties T	Accident form
0910		5	Contents of a first aid kit T	First Aid Kit
0920		10	Emergency protocol outline (DRABC) chain of survival when using an AED T	Actor / partner
0940		20	Assessing levels of consciousness (AVPU) P	Actor / partner
1000		30	Unconscious person recovery position for adult (child and baby if applicable) P	Actor / partner
1030		30	Break	
1100		15	Casualty diagnosis (Sample) T	Folded hand out
1115		30	CPR practice P	Actor / partner
1145		10	AED demonstration T	AED trainer
1155		15	Choking P	Choking Charlie?
1215		20	Bleeding bandages and hypovolemic shock T	Bandages
1245		Home Study	40	CPR Scenario exercises (knowledge check / subtle CPR assessment) A
1255	5		Recap and afternoon schedule T	
1300	30		Lunch	Food!
1330	Day 2	15	Heart Attack T	
1315		15	Burns and breaks basic overview T	Wound dressings
1330		15	Bumps, breaks and bone injuries and log role A	
1345		45	Scenario exercises (knowledge check / informal assessment) A	Actor Partner
1400		30	Seizures and other specified illnesses T and A	Activity sheets
1430		5	Comfort break	
1435		25	Recap on all above T	
1500		15	Fun quiz A	Question / answer
1515		30	Full scenario of a deteriorating casualty A	Activities
1515		30	Various diagnosis scenarios A	Activities
1545		30	Written multiple choice test 1 T	Test papers
1615	15	Evaluations day 1 T	Evaluation sheets	