

First Aid at Work Course Lesson Plan

DJM/2020

Your participants will:

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • First Aider's basic responsibilities • Ofsted rules and duties • Emergency Protocol, (DRABC) • Contents of a first aid kit • Top to toe survey | <ul style="list-style-type: none"> • Unconscious person recovery position for adults • CPR Adult • AED use • Choking adult, child and baby • Bleeding control • Hypovolemic Shock Control | <ul style="list-style-type: none"> • Burns • Breaks all bones, including jaws, clavicle and pelvis • Spinal Injuries • Bleeding wound bandages • Sprain joint support bandages |
|--|---|---|

On Day 2 your participants will study:

Most of the following will be pre course study, and then covered again by the instructor on day two.

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • Teeth problems • Abdominal Injuries • Amputations • Seizures • Dislocations • Faint | <ul style="list-style-type: none"> • Imbalance of heat • Head Injuries • Hypovolemic Shock • Heart Attack • Poison • Eye Injuries | <ul style="list-style-type: none"> • Splinters • Stings • Bites • Anaphylaxis |
|--|---|---|

On Day 2 your participants will:

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Practise all techniques | <ul style="list-style-type: none"> • Complete a final written test | <ul style="list-style-type: none"> • Child and baby CPR |
|---|---|--|

Day 1

On day one, most of the practical work will be covered and preliminarily assessed by trainer marked below in blue. Any struggling candidates should be brought to the attention of the course contact, or the participants themselves. Please also mark any comments of this nature on the register. Suggested timings given, but not absolute. Games and activities highly recommended.

P = practical session, T = theory or test only, A = Activity

Time	Minutes	Topic	Additional Equipment
0900	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 P	Baby manikins
1030	30	Break	
1100	15	Casualty Diagnosis (Sample) T	Folded hand out
1115	30	Top to toe survey, secondary survey P	Actor / partner
1145	30	CPR practice P	Child manikins
1150	10	AED demonstration T	AED trainer
1200	15	Choking P	Choking Charlie if possible
1230	30	CPR scenario exercises (knowledge check / informal assessment) A	Activity sheets
1245	15	Recap and afternoon schedule T	
1300	30	Lunch	Food!
1330	15	Bleeding control and Hypovolemic Shock Control P	
1315	15	Bleeding wound bandages P	Wound dressings
1330	15	Burns and breaks basic overview T	
1345	15	Spinal injuries and log role A	Actor Partner
1400	30	Scenario exercises (knowledge check / informal assessment) A	Activity sheets
1430	5	Comfort break	
1435	25	Recap on all above T	
1500	15	Fun quiz A	Question and answer papers
1515	30	Assessment scenarios group 1 A	Exam scenario activities
1515	30	Assessment scenarios group 2 A	Exam scenario activities
1545	30	Written multiple choice test 1 T	Question and answer papers
1615	15	Evaluations day 1 T	Evaluation sheets

Day 2

Time	Minutes	Topic	Additional Equipment
0900	5	Welcome introduction and house rules T	PowerPoint if desired
0905	5	Recap on responsibilities HSE rules and duties T	
0930	10	Recap CPR A	Actor Partner
0940	5	Abdominal Injuries and Amputations T	Prompts
0945	20	Further bleed, embedded objects and major bleeding	Prompts
1005	15	Burns types x 6, diagnosis and treatment T	
1020	10	Faint, cause and treatment T	
1030	15	Break	
1045	20	Breaks diagnosis and dislocations treatment T	Prompts
1105	15	Seizures causes of and treatment T	
1120	10	Imbalance of heat hypothermia T	
1130	10	Imbalance of heat stroke and hyperthermia T	
1140	25	Head Injuries, fracture, concussion and compression T	
1200	30	Scenario exercises (knowledge check / informal assessment) A	Activity sheets
1230	30	Multiple choice test 2 T	Question and answer papers
1300	30	Lunch	
1330	10	Heart Attack outline T	
1340	20	Anaphylaxis T	Prompts , auto injectors
1400	5	Comfort Break T	
1405	10	Asthma and breathing problems T	Prompts inhaler
1415	30	Bandaging Scenario exercises (knowledge check / informal assessment) A	
1445	10	Poison, types of absorption, diagnosis and treatment T	
1455	20	Epilepsy T	
1515	10	Poison, types of absorption, diagnosis and treatment T	
1525	10	Eye Injuries, types of injury and treatment T	
1535	10	Splinters, sizes and treatment, stings, types and treatment T	
1545	10	Bites, types and treatment jaw breaks and teeth problems T	
1555	10	Diabetes A	Activity sheets
1605	15	Fun quiz (knowledge check) A	
1635	25	General practice and private study	
1655	5	Informal evaluations of day 2 T	

Day 3

On day three participants will rehearse and practice all elements studied on previous days. An external assessor will attend in the afternoon and check the written test results and discuss any issues on previous days. They then will assess the practical skills of the class.

Time	Minutes	Topic	Additional Equipment
0900	15	Problems from previous days and questions	
0915	75	Bandages and deteriorating casualty scenario exercises A	
1030	15	Break	
1045	60	CPR scenario exercises (knowledge check / informal assessment) A	
1145	30	Fun quiz	
1215	30	Multiple choice test 3 T	Test paper 3
1245	15	Free revision period and CPR 1 to 1 tuition	
1300	30	Lunch	
1530	90	Assessment in practical skills	
1500	25	Child and baby CPR	Child manikins
1525	5	Evaluation of course A	