

EFAW = Emergency First Aid at Work (1 day course) FAW = First Aid at Work (3 day course) REQ = First Aid at Work Requalification (2 day course) Refresher = Annual First Aid Refresher (3 hour course)	EFAW 1 day (6 hours)	FAW 3 day (18 hours)	REQ 2 day (12 hours)	Annual Refresher (3 hours)
Acting safely, promptly and effectively in an emergency	•	•	•	•
Cardiopulmonary Resuscitation (CPR)	•	•	•	•
Treating an unconscious casualty (including seizure)	•	•	•	•
Wounds and bleeding	•	•	•	•
Shock	•	•	•	•
Minor injuries	•	•	•	
Choking	•	•	•	
Preventing cross infection, recording incidents and actions and the use of available equipment	•	•	•	
Fractures		•	•	
Sprains and strains		•	•	
Spinal injuries		•	•	
Chest injuries		•	•	
Severe burns and scalds		•	•	
Eye injuries		•	•	
Poisoning		•	•	
Anaphylaxis		•	•	
Heart attack		•	•	
Stroke		•	•	
Epilepsy		•	•	
Asthma		•	•	
Diabetes		•	•	

IMPORTANT:
These topics are not covered in the Emergency First Aid at Work course syllabus.