

Course code	LFA002
Course name	First Aid At Work including the use of AED
Duration	3 Days
Target group	This programme is designed to provide designated personnel within industry with the knowledge and skills required to administer safe and effective first aid at work. The training is appropriate for personnel requiring a first aid certificate to meet the requirements of the Health and Safety at Work Act and the Health and Safety (First Aid) regulations.
Prerequisites	No prior training is required by delegates attending this training course, however the minimum age for delegates is 16 years old.
Objective	The course consists of a combination of theory and practical training modules based on the HSE first aid at work requirements.
Contents	<p>Basic Anatomy and Physiology - respiratory / circulatory / nervous systems Care of the unconscious casualty - examination & management for breathing and non-breathing casualty Correct use of an automatic external defibrillator (AED) The recovery position - side lying position / positioning using blanket and stretcher Resuscitation - demonstrate correct resuscitation procedures Shock - recognition and treatment Wounds and bleeding - personal hygiene in treating wounds / dress, bandage and immobilise injured parts / treatment and control of external and internal bleeding Burns - recognition and treatment of thermal, chemical and electrical burns Fractures - recognition and treatment Poisons - types and effects of poisoning Illness and medical emergencies - recognise and treat minor illness Eye Injury - examination & treatment of black eye / corneal abrasions / loose & embedded foreign bodies / chemical burns / eyelid & eyeball burns Casualty simulation exercise</p>
Exam	Delegates will be assessed against the learning outcomes by oral and practical examination or by written and practical examination.