First aid at work (RUK) Training

BILGINC IT Academy
info@bilginc.com
bilginc.com

Duration: **3 Day**

This course is suitable for people aged 16+ who might need to provide first aid by responding to a wide range accidents, injuries and illnesses that they could encounter in their workplace.

It is ideal for organisations whose needs assessment has identified a requirement for additional first aid training, such as having employees with a disability or a medical condition.

In addition to the topics covered on an emergency first aid at work course, this course covers treatment for a variety of injuries and medical conditions.

Prerequisites

Customers must be able to carry out the practical elements from the course outline.

Minimum age 16.

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What You Will Learn

- is unresponsive and breathing
- is unresponsive and not breathing, including how to use an automated external defibrillator (AED)
- is choking
- is bleeding
- is suffering from shock
- has burns
- feels faint
- has been poisoned
- has a head injury
- has hypothermia or heat exhaustion
- has an injury to a bone, muscle or joint (including spinal injuries).

Learners will also be able to help a casualty who is having a:

- seizure
- heart attack, including the administration of aspirin
- angina attack
- stroke
- asthma attack
- severe allergic reaction
- diabetic emergency.

The course also includes information on:

- assessing a casualty
- monitoring a casualty
- where to get help
- electrical incidents
- accident recording and reporting
- the control of substances hazardous to health (COSHH).

Training Outline

- Welcome and introduction
- Dealing with an emergency
- Unresponsive and breathing adult
- Heart attack
- Angina attack
- Unresponsive and not breathing adult
- AED
- Choking adult

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- Seizures
- Heat exhaustion
- Hypothermia
- Accident recording, reporting and COSHH
- Burns
- Harmful substances
- Hygiene techniques
- Bleeding and wounds - Bleeding heavily from a wound (Limb, embedded object in a wound, scalp/head)
- Shock
- Bleeding and wounds- Bleeding heavily from a wound (Palm of hand), crush injuries, penetrating chest wounds, abdominal wounds, amputation, small blisters and splinters, small bruises and wounds, nosebleed, eye wounds, bites and stings
- Diabetic emergency
- Asthma
- Severe allergic reaction
- Stroke
- Feeling faint
- Head injury
- Bone, muscle, and joint injuries