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.

First aid at work (RUK) Training

BİLGİNÇ IT Academy
info@bilginc.com
bilginc.com

Duration: **3 Day**

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

First aid at work (RUK) Training

BILGINÇ IT Academy
info@bilginc.com
bilginc.com

Duration: **3 Day**

- 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