

FIRST AID AT WORK



An Essential Skill that can Save A Life

Course Overview

This course is designed to meet the requirement of organisations that requires first aid trained employees. This course is aligned with the Health and Safety Executive, UK.

This course will provide all the required first aid skills necessary to manage a patient that is not breathing normally, is unconscious, bleeding or is ill or injured prior to the arrival of the emergency services. It also covers other topics such as COSHH, RIDDOR and other first aid health and safety at work information.

Course Content

In this course, learners will be competent in the following skills:

Introduction

- Principles of First Aid
- Chain of Survival
- Emergency Management Procedures
- Care Cycle

Essential Skills

- Scene Survey
- Exposure Protection

Basic Life Support

- Primary Survey, Recovery Position and Re-assessment
- CPR Adult (Cardiopulmonary Resuscitation)
- Alternative Ventilation Procedures
- Introduction to Automated External Defibrillation (AED)
- Adult Choking

Life Threatening Condition

- Severe Bleeding, Shock Management

Secondary Survey

- Patient History Taking
- Physical Assessment
- Patient Report Form (PRF)

Breathing Problems

- Asthma, Hyperventilation, Chest Injuries

Circulatory Problems

- Angina, Heart Attack, Stroke, Fainting

Environmental Problems

- Electrical and Chemical Injuries
- Burns and Scalds
- Hypothermia, Frostbite
- Heat Exhaustion and Heat Stroke

Nervous System Problems

- Epilepsy and Seizures
- Head Injuries, Spinal Injuries

Other Medical Problems

- Allergies, Anaphylaxis
- Diabetic Emergencies, Poisoning

Other Injuries

- Eye Injuries, Fractures, Dislocation
- Sprains and Strains, Wounds and Bleeding
- Minor Injuries

First Aid Health and Safety

- First Aid Kit
- Health & Safety at Work
- Health & Safety in the Workplace
- Risk Assessment of First Aid Needs Checklist
- Health & Safety Legislation
- Hazardous Substances COSHH
- RIDDOR
- Incident Recording and Reporting

Who should attend?

Personnel who has been assigned a WSH-related role in the organisation and is the workplace first aider.

Entry Requirements

This course is designed to deliver awareness and training competence to anyone who wishes to take the course. On this basis, there are no formal entry requirements.

Learning Style

Each section of the book will guide you through each of the essential skills required to be a competent first aider. Through the process of seeing, hearing, and doing, you will learn how to provide first aid in an emergency both safely and effectively. As you complete each skill, you will develop the skills, knowledge, techniques and confidence to respond in an emergency.

Duration 24 hours ~ 3 days (Refresher is 16 hours ~ 2 days)

How is it assessed?

Delegates will be assessed through a written examination and practical skills assessment. Upon successful completion, delegates will be awarded a certificate of attainment issued by KBA Training Centre Pte Ltd and certificate expiry is three years from date of completion, or expiry date as per local/national regulation or guidance requirements.

For more information, contact KBAT at:

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CRS/547/07-19
RC:200602439G