


Workplace First Aid Courses

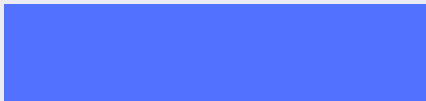




First aid in the workplace is an essential part of compliance training. Keep yourself trained on First Aid with our Workplace First Aid Bundle.

This bundle includes some must-have first-aid training that will benefit you both at work and at home. This package includes the following courses:

Health & Hygiene Courses:

- ➔ **Workplace First Aid Training**
 - ➔ **Heatwave Safety and First Aid Training**
 - ➔ **Paediatric First Aid Training Training**
 - ➔ **Sports First Aid Training**
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Course Content Overview

Workplace First Aid



Course Coverage

“Safety first is safety always.” First aid is the first line of defence against any odds that may come into our life, causing us injuries or physical trauma. It’s a systematic procedure to preserve someone’s life in an emergency. In a nutshell, first aid is the knowledge of saving lives.

We spend a significant productive time at our offices, factories, or workstations. Accidents may occur anywhere, anytime, regardless of where you work and what your job responsibility includes.

Nobody wants to get injured or, worse, die at work. So, every workplace must house a first aid treatment facility. Moreover, the laws and regulations strictly enforce this requirement.

Anyone may fall ill, get injured or even suffer from severe health conditions at work. So, the employer must ensure that their staff gets all the necessary attention before emergency medical help arrives.

The chapters included in this course will take you through various hazards that may occur at your workplace and guide you to take control of many unpredictable first aid scenarios. This course will enrich your knowledge of first aid treatment, from minor injuries and illnesses to fatal health conditions.

We hope you enjoy your journey through this course, and the knowledge you gain here will enable you to save someone’s life, perhaps in a life-threatening situation.

So, what are you waiting for? Enrol right now!



Module One: Workplace First Aid 101

This lesson introduces you to first aid, explains why it is needed at work, and explores its fundamentals.

Key Topics:

- What is First Aid?
 - Why is First Aid Necessary?
 - Why Do You Need First Aid at a Workplace?
- First Aid Arrangements
- The Health and Safety (First Aid) Regulations 1981
- Needs Assessment
 - What are the Requirements?
 - High-Risk Workplaces
 - First Aiders
 - Appointed Person
 - Roles of an Appointed Person
 - Record Keeping
- Contents of a First Aid Box
- First-aid rooms
 - First-Aid Room Facilities
- Your Role in a First Aid Situation
 - Take Control of the Situation
 - Keep Calm
 - Call for Help
 - Record Your Activities
 - Ensure Your Safety



Module Two: First Things First

Our aim in this lesson will be to understand how to do a basic assessment of an injured or ill victim in order to determine their condition and the next steps that need to be taken.

Key Topics:

- Assessing a Collapsed Victim
- DR ABC

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Module Three: Cardiopulmonary Resuscitation (CPR)

This lesson focuses on how CPR should be performed in different situations and how to perform it effectively.

Key Topics:

- When to Use CPR
 - Scenario 1: The Victim Is Not Breathing Normally
 - Scenario 2: The Victim Is Breathing Normally
- The Recovery Position
 - Rolling a Victim into the Recovery Position
- Performing CPR
 - Giving Effective Chest Compressions
 - Don't Worry About Rib Fractures
 - Rescue Breaths
 - When to Stop CPR

Module Four: Automated External Defibrillator (AED)

This lesson will examine the lifesaving device Automated External Defibrillators, or A-E-Ds.

Key Topics:

- What is an Automated External Defibrillator (AED)
- Using an AED
- AED Safety
- Victims with Pacemakers

Module Five: Small Injuries

Here, we provide first aid instruction for minor injuries, such as cuts, bruises, sprains, eye injuries, minor burns, etc.

Key Topics:

- Cuts and Grazes
- Bruises
- Sprains and Strains or Soft-Tissue Injuries
- Nosebleeds
- Fainting
- Minor Burns
- Blisters
- Splinters
- Eye Injuries
 - Chemical Burns
 - Flash Burns
 - Foreign Objects in the Eye
 - Eye Wound
- Animal Bites
- Insect Stings



Module Six: Minor Illnesses

This chapter introduces you to some of the minor illnesses we all face from time to time. As part of this lesson, we'll discuss first aid techniques for treating these illnesses.

Key Topics:

- Fever
- Headaches
- Diarrhoea
- Nausea and Vomiting
- Common Cold

Module Seven: Choking

In this module, we will cover multiple ways to save someone who is choking.

Key Topics:

- Helping a Choking Victim
- Why Do We Choke?
- Saving Someone from Choking
- Giving Abdominal Thrusts
- Giving Back Blows
- Giving Chest Thrusts

Module Eight: Severe Conditions

In this module, you will learn some life-saving techniques for saving the life of your employee or colleague in the event of a heart attack, stroke, seizure, or any other severe condition.

Key Topics:

- Heart Attack
- Stroke
- Asthma
- Anaphylaxis (Severe Allergic Reaction)
- Seizures
- Food Poisoning
- Diabetic Hypoglycaemia (Low Blood Sugar)

Aims of The Training:

By the end of the course, you will be able to -

- Learning the fundamentals of first aid
- Knowing the basics of workplace first aid and the necessity of it
- Getting an elaborate idea about the laws and regulations related to workplace first aid
- Getting a clear image of your roles in an emergency
- Being able to assess a critical situation and plan the proper steps
- Learning many life-saving techniques
- Getting familiar with various minor and major health issues and their first aid treatments



Course Content Overview

Heatwave Safety and **First Aid**



Course Coverage

Climate change is causing us to experience heat waves more frequently nowadays. Due to the hot weather, many health issues are occurring, such as heat stroke and dehydration. Keeping this in mind, we have prepared a first aid heatwave course that can prepare you to provide first aid to yourself and your family in case of an emergency during a heatwave.

This Heatwave Safety and First Aid Online Course will teach you how to treat heat stroke, heat exhaustion, Rhabdomyolysis, and other heat-related illnesses. Throughout the modules, you will learn about children's risks during heat waves and how to safeguard them.

This Heatwave Safety and First Aid Course has been designed to assist you in taking precautions before, during, and after the onset of a heat wave. After completing this safety course on Heatwaves, you will also understand how you should take preventive measures for elderly people, athletes, and outdoor workers.

Module One: Heat Waves and Climate Change

This lesson introduces you to the heatwave and its dangerous consequences. Additionally, you will learn what you can do to prevent heat waves and who is at the greatest risk of being affected.

Key Topics:

- What Is a Heat Wave?
- What Causes Heat Waves?
- The Effects of Climate Change
- The Impact of Heatwaves
- Who Is Most Vulnerable To Heat?
- Heatwave Prevention: What You Can Do



Module Two: Heatstroke & Other Heat-Related Illnesses

The purpose of this lesson is to provide an overview of heat illnesses and how they are diagnosed. Additionally, the lesson will discuss Heat Stroke, Heat Exhaustion, Rhabdomyolysis, Heat Syncope, Heat Cramps, and Heat Rash, as well as their treatment options.

Key Topics:

- Heat Illnesses: What Are They?
- Causes of Heat-Related Illnesses
- Heat Stroke
- Heat Exhaustion
- Rhabdomyolysis
- Heat Syncope
- Heat Cramps
- Heat Rash

Module Three: Safeguarding Children During Heatwaves

This module aims to give you an understanding of the various heat-related risks children face during heat waves and how you can prevent them. Additionally, this module will explore how you can keep your children safe during heat waves under different circumstances.

Key Topics:

- Heat Risks For Children
- Heat Stress
- Heat Exhaustion
- Heatstroke
- How to Prevent Heat Stroke
- Protecting Children From Heat Illness
- Outdoor Safety For Children
- Indoor Safety For Children



Module Four: Heat Wave Safety Precautions

This module has been designed to assist you in taking precautions before, during, and after the onset of a heat wave. After completing this module, you will also understand how you should take preventive measures for elderly people, athletes and outdoor workers.

Key Topics:

- Precautions Before A Heat Wave
- Precautions During A Heat Wave
- Precautions After A Heat Wave
- Elderly People And Heat
- Athletes And Heat
- Outdoor Workers And The Heat

Aims of The Training:

By the end of the course, you will be able to -

- Identify the causes and impacts of heatwaves
- Find out what you can do to prevent heat waves
- Understand the symptoms of heat-related illnesses and learn how to treat them
- Protect your children from heat stress and heat waves by learning how to prepare them
- Make sure you take precautions before, during, and after a heat wave
- Take care of the elderly during heatwaves
- Learn how to stay safe when working outdoors during a heat wave



Course Content Overview

Paediatric First Aid Training



Course Coverage

Whether you are a parent, teacher, guardian, or a paediatric first aider, you need to have proper knowledge regarding paediatric emergencies. If you would like to begin your career as a paediatric first aider or if you wish to develop more advanced skills in paediatric first aid, this course is for you. You will gain a comprehensive understanding of paediatric first aid through key ideas, strategies, and in-depth information.

This course provides an introduction to the basics of Paediatric First Aid and then gradually builds upon its knowledge of advanced topics. After completing this course, participants will have a comprehensive understanding of paediatric first aid, including key concepts, applications, and detailed information.

The purpose of this course is to teach you how to deal with emergency situations in children and how to prevent some of the most common hazards at home and at school.

Note that the information is accurate at the time of filming in June 2021 and only relates to UK Resuscitation and First Aid guidelines. Please refer to your country's guidelines and governing board if you are outside of the UK.

The author has made every effort to ensure the accuracy of the information contained within the course. However, this course is merely a guide and the author does not accept any liability or responsibility for any inaccuracies or for any mistreatment or misdiagnosis of any person, however caused.

Course Syllabus

This Paediatric First Aid Training Covers almost 300 minutes of video training by Emily Mottershead that includes a practical demonstration of how to administer CPR to babies and manage critical incidents. This Paediatric First Aid Course comes with 19 in-depth modules and a final exam.

Module 1: Introduction to Paediatric First Aid

First, the instructor will start with a basic introduction to Paediatric First Aid.

Module 2: The Role of A First Aider

It is important to know your role as a Paediatric First Aider. The instructor will discuss this in this section. Also, you will get free PDF materials on how to set up a medical id and add ICE to your phone in the UK; What to do if you need urgent police help through the 999 services, but can't speak; instructions on using the Emergency SMS Service in the UK and Hand cleaning techniques.

Module 3: The Ages of Casualties

You need to identify the ages of the casualty before diagnosing what has happened to him. Otherwise, you might give the casualty the wrong treatment. This module will talk about the differences in CPR and other first aid techniques for casualties of different ages.

Module 4: Planning for an Emergency

This module will provide you with a clear idea of how to plan for an emergency.

Module 5: Minimising the Risk of Infection & When to Use PPE

Ways to minimise the Risk of Infection & Handwashing Guideline will be covered in this module.

Module 6: First Aid Kit and Accident Report Forms

This section will explore the contents of a first aid kit and teach you how to complete an accident report form.

Module 7: The Unconscious Casualty - Not Breathing

This module will cover CPR Introduction and The Chain of Survival. You will learn When to Perform CPR. This module will also cover:

- Adult CPR
- Child CPR
- Baby CPR
- CPR Conclusion Video
- When to Call the Ambulance
- AED
- AED Adult
- Child CPR with an AED

Module 8: Seizures

This module will cover first aid for seizures in child.

Module 9: Choking

Key Topics that will be covered in this module are as follows:

- Identify When Someone is Choking
- Choking Adult
- Choking Child
- Choking - Baby
- Practice Choking

Module 10: Bleeding

Key Topics:

- Types and Severity of Bleeding
- Treatment of Bleeding
- Administering First Aid to Small Cuts, Bruises and Splinters
- Nose Bleed
- Embedded Objects
- Shock and Fainting

Module 11: Sprains, Strains and Fractures

Key Topics:

- Sprains and Strains
- Fractures
- Fractures on Children

Module 12: Head Injuries and Spinal Injuries

Key Topics:

- Head Injuries
- Spinal Injuries
- Spinal Recovery Position

Module 13: Embedded Objects in the Ears, Nose and Eyes

In this module you will learn what to do when your child is severely injured in the ears, nose or eyes by embedded objects.

Module 14: Diabetes, Asthma, Meningitis and Sickle Cell

Key Topics :

- Diabetes
- Asthma
- Meningitis
- Sickle Cell

Module 15: Effects of Heat

Key Topics :

- Effect of Heat - Heat Exhaustion and Heat Stroke
- Effects of Cold - Hypothermia

Module 16: Managing an Incident with Electricity, Burn and Scalds

Key Topics :

- Burns and Scalds
- Managing an Incident with Electricity

Module 17: Poisoning

Children tend to eat anything they find in their reach. It increases the chance of being poisoned in children. What to do when your precious one is poisoned? Find out from this module.

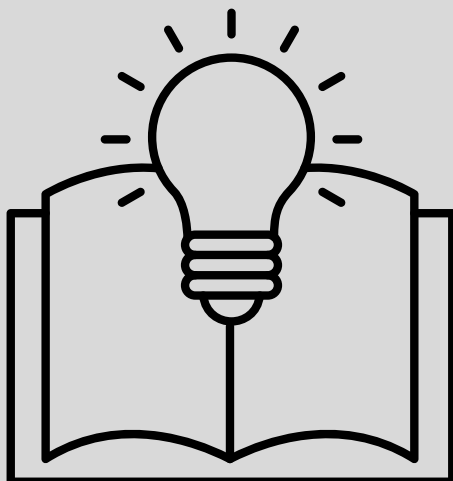
Module 18: Anaphylaxis

This module will cover first aid for Anaphylaxis. You will also learn How to Use An Auto-Injector Pen.

Aims of The Training:

By the end of the course, you will be able to:

- Identify the role of a first aider
- Prepare for emergencies
- Learn how to reduce the risk of infection
- Find out what you should have in your first aid kit
- Handle and respond to injuries to head
- Ensure that children with asthma, diabetes, meningitis, or sickle cell anemia receive the proper care
- Resuscitate a child or baby
- Learn how to treat children who have embedded objects in their ears, noses, and eyes
- Identify and treat seizures, chokings, and bleeding in children
- Take care of an electrical, burn, or scald incident



Course Content Overview

Sports **First Aid**



Course Coverage

This instructor-led video course focuses on the major injuries and illnesses that are likely to occur when participating in sports. It is important that parents, coaches, referees, and players are not caught off guard in the event of an emergency situation.

This Sports First Aid Course will teach you how to administer first aid to children and adults during sports activities. First-aiders who complete this Sports First Aid Course will be able to provide emergency sports first aid to people who become ill or injured while watching, playing, or officiating sports.

Nobody should be caught off guard when an emergency situation arises, whether they are parents, coaches, referees or players. The first aid skills you will learn in this course are designed for anyone who interacts with children or adults during sports activities. Upon completion of this Sports First Aid course, a first-aiders will be able to provide emergency sports first aid to individuals who become ill or injured while watching, playing or officiating sports.

To help you deal with injuries, this course covers key information, techniques, and skills. It will teach you how to deal with emergency situations, what a first aider's responsibilities are, and how to conduct primary and secondary surveys. You will also learn how to perform life-saving procedures such as chest compressions, CPR, and placing someone in a resting position. In addition, the course teaches you how to treat major injuries, such as choking, blood loss, head injuries, sprains, fractures, etc.

Additionally, you will learn how to handle diabetic attacks, drownings, asthma attacks, etc. You will be able to respond to a crisis with confidence and knowledge.

Note that the information is accurate at the time of filming in June 2021 and only relates to UK Resuscitation and First Aid guidelines. Please refer to your country's guidelines and governing board if you are outside of the UK.

The industry expert Instructor, **Emily Mottershead** develops this course. As a volunteer first responder with the London Ambulance Service, she offers first aid courses in London and Kent. Emily works as an Assistant Head Teacher in a South London Secondary School with 20 years of experience in the first aid industry.

The author has made every effort to ensure the accuracy of the information contained within the course. However, this course is merely a guide and the author does not accept any liability or responsibility for any inaccuracies or for any mistreatment or misdiagnosis of any person, however caused.

Course Syllabus

This Sports First Aid Course has been divided into the following modules for the learners to understand and learn the concept easily.

- **Introduction to Sports First Aid**
- **The role of the first aider**
- **Assessing An Accident and Providing First Aid**
- **Planning for an Emergency**
- **First Aid Kit**
- **The Unconscious Casualty-Breathing**
- **The Unconscious Casualty- Not Breathing**
- **Drowning**
- **Heart Attacks and Seizures**
- **Choking**
- **Bleeding**
- **Asthma**
- **Soft Tissue Injuries, Fractures, Head Injuries and Spinal Injuries**
- **Handouts**

Aims of The Training:

By the end of the course, you will be able to:

- Be prepared to deal with emergency situations in Sport
- Find out what's in a first aid kit
- Make sure you know how to administer CPR, chest compressions and other lifesaving techniques

