

BLENDDED EMERGENCY FIRST AID AT WORK

Course Content and Timetable

09.00–09.10	Course registration, welcome and introduction
09.10-09.30	Q and A recap of elearning (principles of first aid and role of first aider, Managing a First Aid Incident, Importance of personal hygiene in first aid procedures, including contaminated waste disposal
09.30-10.20	Primary assessment, CPR/AED
10.20-10.30	Break
10.30-10.045	CPR/AED continued
10.45-11.15	Choking
11.15-11.45	Secondary assessment, recovery position
11.45-12.30	Wounds, bleeding and shock
12.30-13.00	End of course written assessment