

Timings for Emergency First Aid at Work For Those in Therapeutic Practice

ONLINE CONTENT (approximately 2.5 hours) – sent out 2-3 weeks prior to the classroom session

• Definitions in first aid • Calling the emergency services • Accident recording and reporting • Using barriers • Fears of first aid • First aid kits • Recovery positions • CPR – adult, child, infant • CPR during Covid • AED use (defibrillation) • Choking • Minor injuries – cuts, grazes, nose bleeds, bee stings, splinters and bruising • Recognition and management of a patient in hypovolaemic shock	• Management of a severe bleed • Burns • Epilepsy and seizures Clinical emergencies: • Managing a patient on the treatment bench • Diabetic emergencies • Fainting • Panic attacks and hyperventilation • Angina • Anaphylaxis • Stroke (including signs of VBAI) • DVTs • Asthma • Seizures triggered by treatments • Collapsed lung/pneumothorax
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CLASSROOM SESSION

Classroom Session approximate timings	Content covered
9.00 – 10.00	Registration and introductions, primary survey (DRABC) and recovery positions
10.00 – 10.45	Introduction to CPR for adults, children and infants
10.45 – 11.00	Break
11.00 – 12.00	CPR continued, CPR handover, CPR during the pandemic, performing CPR on a treatment bench
12.00 – 13.00	How to use an AED, recognition and management of choking (mild and severe)
13.00 – 14.00	Lunch break
14.00 – 15.30	Management of serious bleeds, recognition and treatment of shock (lack of oxygen due to bleeding), fainting and recap of minor injuries
15.30 – 15.45	Break
15.45 – 16.15	Dealing with clinical emergencies: anaphylaxis, strokes (VBAI), DVTs, pneumothorax and seizures
16.15 – 16.30	The anxious patient <u>recap from online content</u> : fainting, diabetic hypoglycaemia, angina attacks, panic attacks, hyperventilation and asthma
16.30 – 17.00	Time for questions and end of day multiple choice exam Close of session

Please note that to gain the HSE compliant workplace EFAW certificate, you will need to pass a multiple-choice exam at the end of the course and demonstrate all necessary practical skills (including CPR at ground level for 2 minutes). If you are unable to perform the necessary skills, you may still attend and will gain a certificate of attendance.