

# First Aid Basic Skills Outline – 1 day course

## Overview of Modules

### Module 1: Assessment

Scene assessment  
Breathing assessment  
Circulatory assessment  
Conducting a priority action approach

### Module 2: Skin and Soft Tissue

Soft tissue injuries  
Management of soft tissue injuries  
The eye  
Principles of burn management

### Module 3: Respiratory and Airway

Types of airway obstruction  
Basic techniques of airway management

Management of respiratory emergencies

### Module 4: Circulatory System

Anatomy and function of the circulatory system  
Circulatory emergencies  
Management of circulatory emergencies  
External Bleeding  
CPR

### Module 5: Medical Emergencies

Stroke  
Diabetes  
Seizures  
Fainting

## Learning Outcomes

By the end of this programme, participants will:

- ⇒ Be able to provide immediate response to a person in distress
- ⇒ Be able to stabilise a person until qualified help arrives
- ⇒ Be able to discuss their response to an EMT (Emergency Medical Technician) or Paramedic.
- ⇒ Be aware of what they cannot do (know their limitations)
- ⇒ Be able to assist an occupational first aider, Paramedic or an EMT with the further treatment of an injured person.

## Certification

Certificates are issued to all attendees who pass the comprehension test at the end of the programme.

## Programme Duration

1 Day

## Who should attend?

All person who have control over any workplace or public space where it is likely that a person could be injured or become ill.