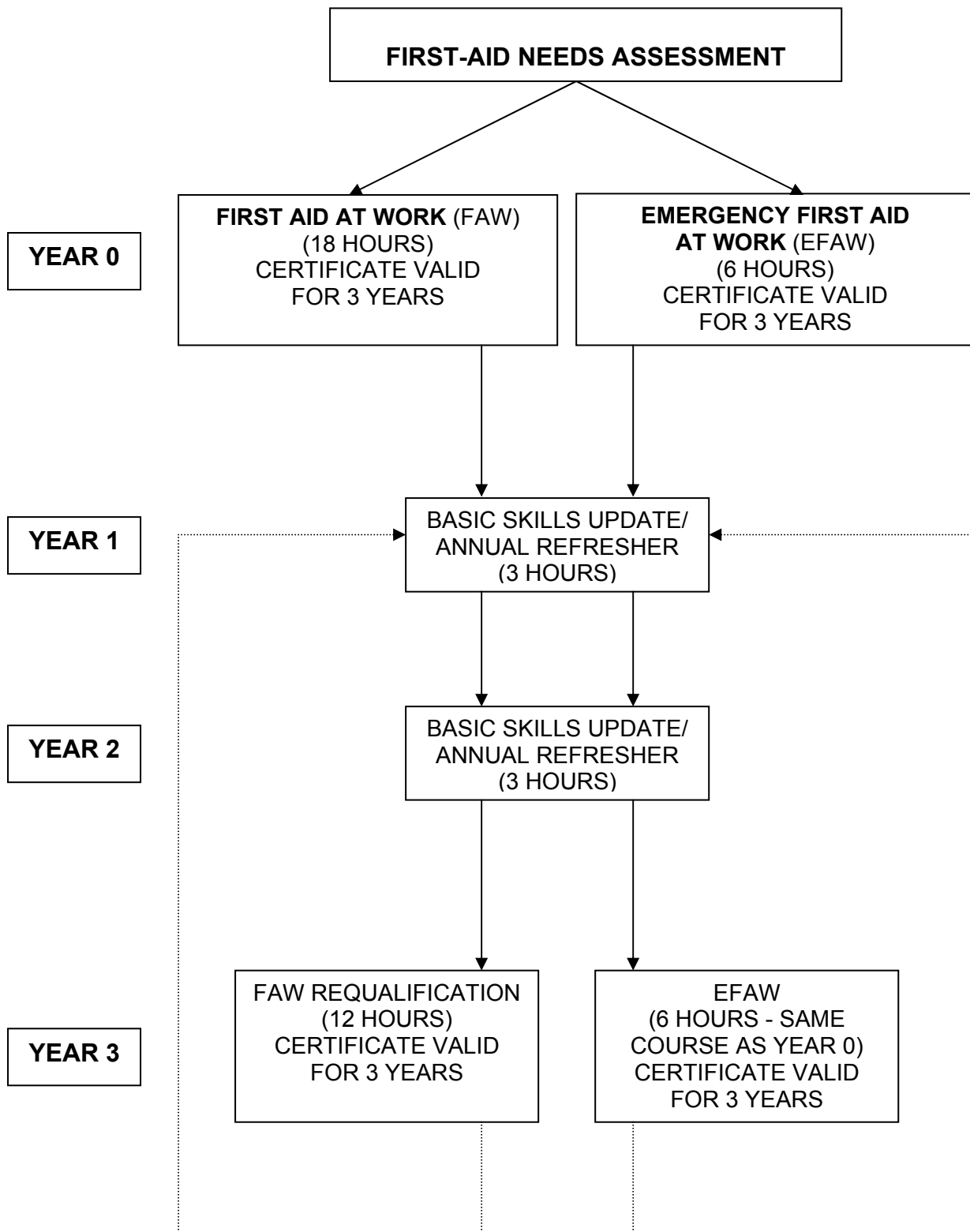


**APPENDIX 1 – FIRST-AID COURSES TO COMPLETE OVER AN INITIAL THREE YEAR PERIOD AND IN SUBSEQUENT YEARS (DOTTED LINE)**



## **APPENDIX 2 - OUTLINE OF THE FIRST AID AT WORK (FAW) COURSE**

### **COURSE CONTENT**

On completion of training, successful candidates should be competent in:

- emergency first aid at work (see Appendix 3);
- recognising the presence of major illness and applying general first aid principles in its management.

In addition, candidates should be able to demonstrate the correct first-aid management of:

- soft tissue injuries;
- injuries to bones including suspected spinal injuries;
- chest injuries;
- burns and scalds;
- eye injuries including how to irrigate an eye;
- sudden poisoning and anaphylactic shock.

### **DURATION**

See paragraphs **19-20** of Appendix 5.

## **APPENDIX 3 - OUTLINE OF THE EMERGENCY FIRST AID AT WORK (EFAW) COURSE**

### **COURSE CONTENT**

On completion of training, successful candidates should be able to:

- understand the role of the first aider including reference to the use of available equipment and the need for recording incidents and actions;
- understand the importance of basic hygiene in first-aid procedures;
- assess the situation and circumstances in order to act safely, promptly and effectively in an emergency;
- administer first aid to a casualty who is unconscious and/or in seizure;
- administer cardiopulmonary resuscitation;
- administer first aid to a casualty who is wounded or bleeding and/or in shock;
- administer first aid to a casualty who is choking;
- provide appropriate first aid for minor injuries.

### **DURATION**

EFAW courses should contain at least six contact hours. Trainers should use continuous assessment to evaluate candidates. There is no final practical assessment.

Usually, the course is run over a minimum of one day. However, it can run over a longer period, not exceeding three weeks, where each session lasts no less than two hours.

## **APPENDIX 4 - OUTLINE OF THE BASIC SKILLS UPDATE/ ANNUAL REFRESHER COURSE**

### **COURSE CONTENT**

On completion of training, candidates should have demonstrated their competence to:

- assess the situation in an emergency;
- administer first aid to a casualty who is unconscious and/or in seizure;
- administer cardiopulmonary resuscitation;
- administer first aid to a casualty who is wounded or bleeding and/or in shock.

The course should also include any updates or changes to relevant first-aid procedures.

### **DURATION**

Basic skills update courses should contain at least three contact hours run over half a day. Trainers should use continuous assessment to evaluate candidates. There is no final practical assessment.