



# White Star Medical Services Ltd

## Annual First Aid at Work Refresher

### Course Introduction

The Annual First Aid at Work Refresher day covers the key practical points of first aid at work, allowing candidates to update and practice their essential life-saving skills. It is recommended for anyone carrying a first aid at work certificate.

This can be particularly important for those who do not get to practice their skills often or newer first aiders in need of practice.

The First Aid at Work Refresher is a 1 day course.

All candidates that complete the course will receive a certificate from White Star Medical showing their attendance.

### Course Information

Qualification Title	Annual First Aid at Work Refresher
Course Duration	1 day
Refresher	Recommended every 12 months
Regulated Course	No
Trainee ages	16 yrs +
Trainee Title	FAW First Aider
Minimum Classroom Hours	18
Maximum Course Duration	10 weeks
Max Number Of Trainees	12
Min Number Of Trainees	4
Requirements	Must hold a valid First Aid at Work Award

### Course outline

The course includes all the practical elements of First Aid at Work, but is a group driven course. Therefore we tailor them to spend more time on life support and areas where people are more likely to be in need of refreshing.

First Aid at Work consists of 2 Units:

Unit 1: Emergency First Aid at Work

Unit 2: Recognition and Management of Illness and Injury in the Workplace

Unit one covers the following topics:

#### 1. Understand the role and responsibilities of a first aider.

- 1.1 Identify the role and responsibilities of a first aider.
- 1.2 Describe how to minimise the risk of infection to self and others.
- 1.3 Identify the need for establishing consent to provide first aid.
- 1.4 Complete an accident form.
- 1.5 Identify the first aid equipment that should be available in a workplace.
- 1.6 Describe the safe use of first aid equipment.



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## **2. Be able to assess an incident.**

- 2.1 Conduct a scene survey.
- 2.2 Conduct a primary survey of a casualty.
- 2.3 Give examples of when to call for help.

## **3. Be able to manage an unresponsive casualty who is breathing normally.**

- 3.1 Assess a casualty's level of consciousness.
- 3.2 Open a casualty's airway and check breathing.
- 3.3 Explain why it is important to place an unconscious casualty into the recovery position.
- 3.4 Place an unresponsive casualty in the recovery position.
- 3.5 Manage a casualty who is in seizure.

## **4 Be able to manage an unresponsive casualty who is not breathing normally.**

- 4.1 Recognise the need to commence Cardio Pulmonary Resuscitation.
- 4.2 Demonstrate Cardio Pulmonary Resuscitation using a manikin.

## **5 Be able to recognise and assist a casualty who is choking.**

- 5.1 Describe how to identify a casualty with:-
  - Partially blocked airway.
  - Completely blocked airway.
- 5.2 Administer first aid to a casualty who is choking.

## **6 Be able to manage a casualty with external bleeding.**

- 6.1 Identify the types of external bleeding.
- 6.2 Control external bleeding.

## **7 Be able to manage a casualty who is in shock.**

- 7.1 Recognise shock.
- 7.2 Administer first aid to a casualty who is in shock.

## **8 Be able to manage a casualty with a minor injury.**

- 8.1 Administer first aid to a casualty with small cuts, grazes and bruises.
- 8.2 Administer first aid to a casualty with minor burns and scalds.
- 8.3 Administer first aid to a casualty with small splinters.

Unit two covers the following topics:

## **1. Be able to conduct a secondary survey.**

- 1.1 Identify the information to be collected when gathering a casualty history.
- 1.2 Conduct a head to toe survey.

## **2. Be able to administer first aid to a casualty with injuries to bones, muscles and joints.**

- 2.1 Recognise suspected:-
  - Fractures.
  - Dislocations.
  - Sprains and strains.



2.2 Administer first aid for:-

- Fractures.
- Dislocations.
- Sprains and strains.

### **3. Be able to administer First Aid to a casualty with suspected head and spinal injuries.**

3.1 Recognise suspected:-

- Concussion.
- Skull fracture.
- Cerebral compression.
- Spinal injury.

3.2 Administer first aid for suspected:-

- Concussion.
- Skull fracture.
- Cerebral compression.
- Spinal injury.

### **4. Be able to administer First Aid to a casualty with suspected chest injuries.**

4.1 Recognise the different types of chest injury.

4.2 Administer first aid for a chest injury.

### **5. Be able to administer First Aid to a casualty with burns and scalds.**

5.1 Recognise the factors that affect the severity of burns and scalds.

5.2 Administer first aid for burns involving:-

- Dry Heat.
- Wet Heat.
- Electricity.
- Chemicals.

### **6. Be able to administer First Aid to a casualty with a eye injury.**

6.1 Give examples of common eye injuries.

6.2 Administer first aid for eye injuries involving:-

- Dust.
- Chemicals.
- Embedded objects.

### **7. Be able to administer First Aid to a casualty with sudden poisoning.**

7.1 Identify the routes that poisons can take to enter the body.

7.2 Administer immediate first aid to a casualty affected by sudden poisoning.

7.3 Identify sources of information for treating those affected by sudden poisoning.

### **8. Be able to administer First Aid to a casualty with anaphylaxis.**

8.1 Identify common triggers for anaphylaxis.

8.2 Recognise anaphylaxis.

8.3 Administer immediate first aid for a casualty suffering from anaphylaxis.



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### 9. Be able to provide First Aid to a casualty with suspected major illness.

9.1 Recognise major illnesses including:-

- Heart attack.
- Stroke.
- Epilepsy.
- Asthma.
- Diabetes.

9.2 Administer first aid to a casualty suffering from major illnesses including:-

- Heart attack.
- Stroke.
- Epilepsy.
- Asthma.
- Diabetes.

Assessment is carried out by two multiple choice exam papers and continual assessment through observation by the course assessor.

A percentage pass is required on both exam papers plus all Assessment by Observation must be passed before receiving the qualification.

### Trainee Information

This course will require a certain amount of physical activity and the Learner will need to demonstrate CPR techniques from the floor (kneeling) position in a group environment. The Learner should wear sensible (flat) shoes or trainers and suitable loose fitting clothing.