



## 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**

<ul style="list-style-type: none"> <li>• Definitions in first aid</li> <li>• Calling the emergency services</li> <li>• Accident recording and reporting</li> <li>• Using barriers</li> <li>• Fears of first aid</li> <li>• First aid kits</li> <li>• Recovery positions</li> <li>• CPR – adult, child, infant</li> <li>• CPR during Covid</li> <li>• AED use (defibrillation)</li> <li>• Choking</li> <li>• Minor injuries – cuts, grazes, nose bleeds, bee stings, splinters and bruising</li> <li>• Recognition and management of a patient in hypovolaemic shock</li> </ul>	<ul style="list-style-type: none"> <li>• Management of a severe bleed</li> <li>• Burns</li> <li>• Epilepsy and seizures</li> </ul> <p>Clinical emergencies:</p> <ul style="list-style-type: none"> <li>• Managing a patient on the treatment bench</li> <li>• Diabetic emergencies</li> <li>• Fainting</li> <li>• Panic attacks and hyperventilation</li> <li>• Angina</li> <li>• Anaphylaxis</li> <li>• Stroke (including signs of VBAI)</li> <li>• DVTs</li> <li>• Asthma</li> <li>• Seizures triggered by treatments</li> <li>• Collapsed lung/pneumothorax</li> </ul>
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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
<b>10.45 – 11.00</b>	<b>Break</b>
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)
<b>13.00 – 14.00</b>	<b>Lunch break</b>
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
<b>15.30 – 15.45</b>	<b>Break</b>
15.45 – 16.15	Dealing with clinical emergencies: anaphylaxis, stokes (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.**