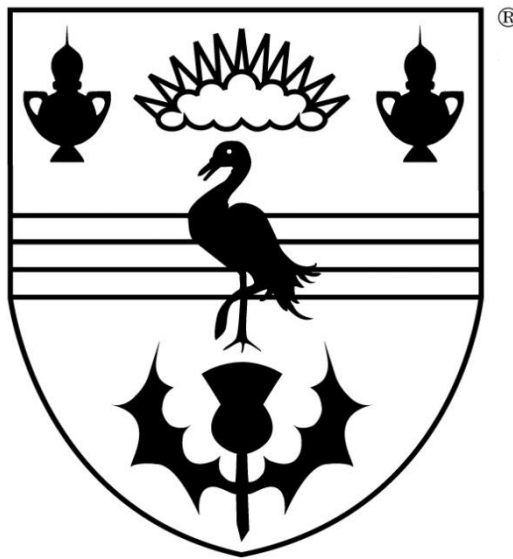


***The Royal Environmental Health  
Institute of Scotland***



**First Aid at Work Course**

***Syllabus***

***Minimum teaching time:***

***18 hours over a minimum of 3 days***

*The aim of this course is to support learners in becoming first aiders in the workplace.*

*In line with HSE guidance, the qualification supports/approves work place first aiders for a period of 3 years, after which point learners will need to retake the course.*

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

1. Understand the role of the first-aider, including reference to:
  - i. the importance of preventing cross infection;
  - ii. the need for recording incidents and actions;
  - iii. use of available equipment;
2. Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
3. Administer first aid to a casualty who is unconscious (including seizure)
4. Administer cardiopulmonary resuscitation and use an automated external defibrillator
5. Administer first aid to a casualty who is choking
6. Administer first aid to a casualty who is wounded and bleeding
7. Administer first aid to a casualty who is suffering from shock
8. Provide appropriate first aid for minor injuries
9. Administer first aid to a casualty with:
  - i. injuries to bones, muscles and joints, including suspected spinal injuries;
  - ii. chest injuries;
  - iii. burns and scalds;
  - iv. eye injuries;
  - v. sudden poisoning;
  - vi. anaphylactic shock;
10. Recognise the presence of major illness, and provide appropriate first aid, including:
  - i. heart attack,
  - ii. stroke,
  - iii. epilepsy,
  - iv. asthma,
  - v. diabetes.

*On completion of training successful candidates should satisfactorily demonstrate competence in all of the subject areas listed in the above syllabus.*