

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



Emergency First Aid at Work Course

Syllabus

Minimum teaching time – 6 hours

This qualification is levelled on the Scottish Credit Qualifications Framework (SCQF) at level 5, 1 credit

1. The Role of the First Aider

- What is First Aid?
- Roles and Responsibilities of the First Aider
- First Aid equipment
- Preventing cross infection
- Recording incidents and actions

2. First Aid Incidents

- Assessing an incident
- The recovery position

3. Unconscious casualty

- Managing an unresponsive casualty
- Seizures

4. Cardiopulmonary Resuscitation (CPR)

- Principles of resuscitation
- Basic life support
- Cardiopulmonary Resuscitation
- Automated External Defibrillator (AED)

5. Choking

- Obstruction and breathing disorders
- Recognition and first aid treatment of choking

6. Wounds and Bleeding

- Types of bleeding
- Wounds and embedded objects
- First aid treatment of bleeding, wounds and embedded objects

7. Shock

- Recognition and first aid treatment of shock

8. Minor Injuries

- Appropriate first aid treatment of minor injuries including small cuts, grazes and bruises, minor burns and scalds, small splinters

In addition to the above, some organisations may require additional First Aid training to meet the requirements of their First Aid Needs Assessments. Presenters can 'tailor' the training, whilst covering all aspects of the above syllabus, to meet the requirements of their candidates.