

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 and enable learners to become first aiders in the workplace.

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

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

1. Explain 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 the training successful candidates must satisfactorily demonstrate competence in all of the subject areas listed in the above syllabus.

