

# First Aid for Appointed Persons

1 Day

FAP

## OVERVIEW

It is important that employers have made arrangements to ensure that their employees receive immediate attention if they are injured or taken ill at work. Appointed persons can provide the essential assistance before fully qualified first aiders arrive on the scene.

## DESIGNED FOR

Suitable for individuals who are nominated as appointed persons to provide support or first aid in case of emergencies. This course is very practical and will require participants to demonstrate procedures on the floor. Suitable clothing such as trousers and flat shoes are recommended.

## LEARNING OUTCOMES

By the end of this course participants will be able to:

- Manage a first aid incident effectively.
- Apply strategies to deal with a range of common
- Administer basic life saving skills.
- Understand the role and responsibilities of an appointed person in small to medium size organisations.
- Support fully trained first aiders in larger organisations.

## TOPICS COVERED

### Managing an Incident

- Assessing the incident and situation
- Personal safety
- Contents of First Aid Kit
- Priorities of First Aid

### When to Send for Help

- Resuscitation Techniques
- Carrying out a primary assessment of a casualty
- Cardio – Pulmonary resuscitation
- Chain of Survival

### Management of an Unconscious Casualty

- Carrying out a secondary assessment of a casualty
- Ensuring an open airway is maintained
- The Recovery Position

### Management of Circulatory Disorders

- Recognition and treatment for shock
- Control of bleeding, dealing with minor wounds and foreign objects in a wound
- Recognition and treatment of a heart attack
- Recognition and treatment of a stroke

### Management of Other Injuries and Conditions

- Recognition and treatment of a choking casualty
- Recognition and treatment of fractures
- Management of burns and scalds
- Management of miscellaneous conditions: asthma, epilepsy, anaphylactic shock and diabetes

## EXTRA NOTES

*An equivalent course is available in Arabic. Please call us for details.*