

**SESSION 1:**

**What? am I doing here**

Aims of First Aid  
Priorities

(15 minutes)

**SESSION 2:**

**What if? there is an incident**

Principles of hygiene  
Legalities and reporting  
Contacting EMS  
Diagnosis

(30 minutes)

**SESSION 3:**

**What? does the body do**

(20 minutes)

**SESSION 4:**

**What? affects circulation**

Shock  
Anaphylaxis  
Diabetes

(25 minutes)

**SESSION 5:**

**What if? there is an external bleed**

Bleeding  
Bandages  
Nose bleed

(60 minutes)

**SESSION 6:**

**What? affects respiration**

Asphyxia  
Drowning  
Asthma  
Choking

(25 minutes)

**SESSION 7:**

**What? affects the brain**

Epilepsy  
Head injuries  
(25 minutes)

**SESSION 8:**

**What? affects the heart**

Angina  
Heart Attack  
Cardiac Arrest  
(15 minutes)

**SESSION 9:**

**What if? they do not respond**

Life Support  
CPR

(90 minutes)

**SESSION 10:**

**What if? there is a soft tissue injury**

**What if? there is a broken bone**

(30 minutes)

**SESSION 11:**

**What if? there is a burn**

(5 minutes)

**SESSION 12:**

**What? is in a first aid kit**

Review top to toe survey

(20 minutes)

**Still have more questions? Contact:**

**training@whatiftraining.co.uk**

*Our promise of Excellence:*

**At the end of the course there will be the chance for you to evaluate the training and venue.**

**We constantly review the standards of our training but if there are any concerns during your course please consult your trainer with any worries you may have about your performance, or the quality of the course.**

**This will ensure that your course can be effective and enjoyable to optimise your learning experience.**

**If the actions undertaken are not satisfactory or you would rather not approach your trainer directly then please contact INTERNAL VERIFIER at the address overleaf or contact:**

**IV@whatiftraining.co.uk**

**WHAT IF?  
TRAINING**

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**CV31 2AA**

**WHAT IF?  
TRAINING**

**EMERGENCY  
FIRST AID  
IN THE  
WORK PLACE  
FOR THE  
APPOINTED PERSON**

**Course Outline**