

**SESSION 1: 60 minutes**

**What? am I doing here**

The course and people  
Forms  
Aims and priorities of First Aid

**SESSION 2: 60 minutes**

**What if? there is an incident**

Principles of hygiene  
Legalities and reporting  
Contacting EMS  
Diagnosis

**SESSION 3: 60 minutes**

**What? does the body do**

**SESSION 4: 30 minutes**

**What if? the body goes into shock**

**SESSION 5: 150 minutes**

**What if? they do not respond**

Life Support  
Unconscious casualty  
Rescue Breathing  
CPR

**SESSION 6: 30 minutes**

**What? could happen**

Risk assessments

**SESSION 7: 60 minutes**

**What? affects respiration**

Asphyxia  
Drowning  
Asthma  
Hyperventilation  
Inhalation of gases

**SESSION 8: 60 minutes**

**What? affects circulation**

Poisons  
Bites and Stings  
Anaphylactic Shock  
Diabetes  
Crush Injuries

**SESSION 9: 30 minutes**

**What? affects the heart**

Angina  
Heart Attack  
Cardiac Arrest

**SESSION 10: 60 minutes**

**What if? there is a heart attack**

CPR recap  
AED introduction

**SESSION 11: 30 minutes**

**What? affects the brain**

Epilepsy  
Head Injury

**SESSION 12: 60 minutes**

**What if? There is a Spinal Injury**

Spinal Injuries  
Rescue Breathing

**SESSION 13: 15 minutes**

**What if? there is a facial injury**

Eye and Dental Injury

**SESSION 14: 60 minutes**

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

Bleeding  
Bandages  
Nose bleed

**SESSION 15: 60 minutes**

**What is? there is an injury**

Fractures  
Sprain/Strain  
Dislocation  
Transporting Casualties

**SESSION 16: 30 minutes**

**What? are the differences in CPR**

Child and baby CPR

**SESSION 17: 15 minutes**

**What if? someone chokes**

**SESSION 18: 30 minutes**

**What? are the affects of heat and cold**

Heat Stroke  
Heat Exhaustion  
Hypothermia  
Burns

**SESSION 19: 30 minutes**

**What? are dangers at work**

Chemical burn  
Electric Shock

**SESSION 20: 30 minutes**

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

**SESSION 21: 60 minutes**

**What if? there is a first aid incident**

**SESSION 22: 30 minutes**

**What? should I report**

**SESSION 23: 120 minutes**

**What? is the assessment**

Final Revision  
Summary of assessment  
Forms

**SESSION 24: 60 minutes**

**ASSESSMENT**

**THERE WILL ALSO BE REVISION  
SESSIONS AT THE BEGINNING OF EACH  
TRAINING DAY: 120 minutes  
AND PROGRESS PAPERS: 120 minutes**

**Total hours: 24.5 hrs**

**Still have more questions? Contact:**

**training@whatiftraining.co.uk**

*Our promise of Excellence:*

At the end of the course you will be assessed by two assessors to ensure you have:

1. Knowledge about safety and treatments in the work place.
2. The ability to carry out C.P.R promptly and effectively.
3. The ability to carry out suitable treatment promptly and effectively on an unconscious casualty.
4. The ability to carry out First Aid to a wounded casualty and treat bleeding promptly and effectively.

The candidate must pass all four aspects.

**At the end of the course there will be the chance for you to evaluate the training, assessment 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 or the assessment. 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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# WHAT IF? TRAINING

## FIRST AID AT WORK

(HSE Approved)

Course Outline