



Fire Extinguishers•Fire warden training
Fire risk assessments•Fire alarms
Emergency Lights•PAT testing

Cherwell Fire Safety
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First Aid at Work – Initial Course

Day One

- 09.00 Introduction and administration
- 09.15 Duties of a first aider
- 09.45 Dealing with an unconscious casualty:-
Primary survey
Secondary survey
Recovery position
- 11.00 Break
- 11.15 Basic Life Support and AED (Defibrillator)
- 12.30 Lunch
- 13.00 Practical to include:-

Primary survey
Secondary survey
Recovery position
Basic Life Support
Choking
- 14.30 Break
- 14.45 The causes of unconsciousness (FISH SHAPED)
- 17.00 Close-question and answer, brief and issue homework

First Aid at Work

Day Two

- 09.00 Revision and feedback-to include going through the homework
- 09.30 Wounds and bleeding
- 11.15 Break
- 11.30 Shock to include:-
Low Volume
Anaphylactic
- 12.30 Lunch
- 13.00 Practical revision to include:-
Primary survey
Secondary survey
Recovery position
Basic Life Support
Choking
Dressings



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- 14.15 Break
- 14.30 Extremity injuries to include:-
Fractures
Dislocations
Sprains and strains
Spinal trauma
- 15.30 Burns and scalds
- 16.30 Close-question and answer, brief and issue homework

First Aid at Work

Day Three

- 09.00 Revision and feedback-to include going through the homework
- 10.00 Eye injuries
- 10.15 Break
- 10.30 After accident action to include:-
Recording
Reporting
First aid kits
- 11.00 Cross infection
- 11.15 Practical revision to include:-
Primary survey
Secondary survey
Recovery position
Basic Life Support
Choking
Dressings
- 12.30 Lunch
- 13.00 Pre assessment administration and brief
- 13.30 Practical assessments
1) BLS
2) Bleeding
3) Unconscious casualty
- 16.30 Course review and critique
- 16.45 End of course

Sessions are given by Power Point Presentation, Video and Practical