

# ***First Aid at Work - HSE Approved***

The First Aid at Work (FAW) course is a practical 4-day course that follows the recommended syllabus by the HSE. It has a formal examination on practical elements of the course where candidates are required to show competency in basic life support, care of an unconscious casualty and treatment of a wounded or injured conscious casualty. When the HSE implements a change in legislation on 1<sup>st</sup> October 2009, the course duration will decrease to 3 days.

## **Course outline:**

- Introduction
- Principles of first aid
- Vital signs
- Incident procedure
- Treatment of an unresponsive casualty
- Bleeding and shock
- Practical scenarios
- Basic life support Heart attack and Chain of survival theory
- Basic Life Support Non Heart Attack (child/drowning)
- Choking
- Minor Injuries – soft tissue and fractures
- Practical scenarios
- Serious injuries – including head injuries
- Practical scenarios
- Hypothermia/ Hyperthermia
- Insulation and shelter – with relevance to the working environment
- Common medical problems – includes angina/conscious heart attack, asthma, diabetes, epilepsy (fitting), faints, anaphylaxis and stroke
- Conscious casualty positioning
- Burns
- Poisons
- Eye injuries
- First aid kits
- Legislation
- Manual handling considerations in first aid provision
- Exam preparation and exam

## **FAW Requalification:**

Keeps the FAW certificate valid and is held over 2 days (16 hours). **A current FAW certificate must be held** – if your certificate has expired you must re-do the whole 24-hour syllabus. A Requalification course can be completed no more than 3 months before or 28 days after the date of expiry on the current FAW certificate. No exceptions to this can be made. Content and examination are as for the FAW standard course.