



**Course title:** Bespoke First aid

**Duration:** Half/Full Day

**Maximum number of learners:** 12

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### **Course overview:**

This course had been specifically designed and developed to give the learners the knowledge and experience to become a nonaccredited emergency first aider. The learners will receive discussion on common injuries and conditions that may arise in the workplace that are specific to their work activity. The course will include real life scenario simulation and role play.

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### **Course learning outcomes:**

By the end of the day, learners will be able to:

- Define the term First aid
- Cite the roles and responsibilities of a first aider
- Discuss how to deal with a casualty
- Discuss what to do in an emergency situation
- List the minimum contents of a workplace first aid kit
- Describe the term Primary Survey
- Differentiate between Unresponsive and Responsive casualty
- Discuss, Demonstrate and practice Cardiopulmonary Resuscitation (CPR) and Recovery Position
- Discuss the Chain of Survival
- Discuss bespoke injuries and conditions that are specific to the workplace