

occupational first aid

Our First Aid at Work training course is designed to follow the national guidelines of Occupational First Aid laid down by the Health & Safety Authority. All of our tutors for this course are recognized to teach and carry out examinations to set standards.

Successful students will receive a certificate qualifying them for two years as an Occupational First Aider from Heartbeat Safety, a FETAC certificate will follow subject to the student meeting the course criteria.

1. Approach to an Accident

- Assessing the Area
- Making the Area Safe
- Giving Emergency Aid
- Getting Help
- Calling an Ambulance
- Intro to Bandaging

2. Heartsaver CPR & AED

- How do we Breathe?
- Problems with your Heart
- What is CPR?
- Assessing the Casualty
- 1 & 2 Person CPR
- Infant & Toddler CPR (Where Necessary)
- Using an AED
- Choking (Various ages Where Necessary)

3. Wounds, Bleeding & Trauma

- Internal & External Bleeding
- Treatment of Internal Bleeding
- Types of Wounds
- Treatment of External Bleeding
- Various Bandaging Techniques

4. Fractures & Broken Bones

- The Skeleton
- Types of Fractures
- Recognition of a Fracture
- Treatment of Various Fractures
- Soft Tissue Injuries (Sprains & Strains)
- Treatment of Sprains & Strains

5. Spinal Injuries

- The Spine
- Signs & Symptoms of Spinal Injuries
- Causes & Control of Spinal Injuries

6. Burns & Scalds

- What is a Burn or a Scald
- Types of Burns
- Treatment for General Burns
- Electrical Burns
- Chemical Burns
- Clothing on Fire

7. Medical Emergencies

- Asthma
- Epilepsy
- Diabetes
- Poisoning & Overdoses
- Heart Attack
- Stroke

8. Casualty Transportation

- Chair Lifts
- Hand Lifts
- Casualty Movement

9. Student Examination

- Oral Questions
- Practical Assessment
- Written Question Paper