



## First Aid at Work Course - Content

- The role and responsibilities of the first aider
- Head injuries
- Managing an emergency
- Health and safety (first aid) regulations
- Communication and casualty care
- Low blood sugar
- Asthma
- Poisoning
- Bleeding (minor and severe)
- Resuscitation (adult CPR)
- Bone, muscle and joint injuries
- Seizures (adult)
- Burns and scalds
- Severe allergic reaction
- Chest pains (including heart attack)
- Shock
- Choking (adult)
- Spinal injuries
- Eye injuries
- Stroke
- Fainting
- Unconscious casualty