



COURSE OVERVIEW

# First Aid Awareness

THIS-105

This course introduces the basics of workplace first aid, including immediate actions to take when someone is injured or becomes ill. It covers how to gather key information while waiting for trained help and supports those preparing for or refreshing a first aid qualification.

Learners will gain practical knowledge to respond confidently in emergency situations.

## **Module 1: Overview**

People at work can suffer injuries or become ill, whether their job causes it. Regardless of the cause, they must receive immediate attention and, if needed, emergency medical assistance such as an ambulance.

- Employers' legal duty
- First aid risk assessments
- First aiders and appointed persons
- Contents of a first aid kit

## **Module 2: Illness**

Gathering key information when attending to someone who has become ill at work is essential. It ensures the right help is provided quickly and supports effective emergency response.

- Injury Vs Illness
- Illness Assessment
- Signs and symptoms
- Medical alert tags

## **Module 3: Incidents**

Attending a first aid incident can be daunting. This module covers basic procedures that can keep you safe and make a vital difference to someone's safety and recovery.

- Protecting yourself from prosecution
- Scene assessment
- Attending to an injured person
- DRAB

## **Module 4: Life Saving Skills**

This module focuses on the crucial life-saving skills that may be needed to help save a person's life.

- The Recovery Position
- Choking
- Recognising and treating shock
- CPR



**Suitable for:**

All employees and Health and Safety Advisors.

**Skills achieved:**

- Health and Safety (Basic)
- First Aid (Basic)

**Related Resources:**

- Accident Management System Assessment
- Eye Protection Risk Assessment
- First Aid Kit Audit
- Washing Facilities Audit
- Eye Protection Checklist
- First Aid Kit Checklist

**Benefits:**

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

**Estimated Time:**

50 Minutes

**Related Courses:**

- Understanding Health and Safety
- Essentials of Employee Protection
- Accidents and Reporting (RIDDOR)
- Manual Handling
- Working at Height
- Stress Awareness
- Stress Management for Managers
- Health and Safety Level 1
- Fire Safety for Team Members
- Fire Safety for Team Members Irish Law
- Fire Safety for Managers
- Fire Safety for Managers Irish Law
- Fire Safety for Fire Marshals
- Fire Safety for Fire Marshals Irish Law