

# Emergency First Aid at Work – Online Annual Refresher

What is Emergency First Aid?

First aid administered in an event of an emergency situation to assist an injured or ill casualty in the absence of a medical professional. The aim of first aid is to ensure the casualty is treated promptly, made safe and comfortable, and prevent the condition from deteriorating.

In addition to covering the core basics of first aid, this course highlights some of the most serious conditions and provides necessary actions points to assist the casualty. The priority of a first aider is to assess the situation and minimise danger to themselves and the casualty.

**Pass mark required - 70 %**

**Module 1** - What is First Aid?

**Module 2** - Barriers, ABCDs and the recovery position

**Module 3** - CPR and AEDs

**Module 4** - Choking

**Module 5** - Bleeding

**Module 6** - Shock

**Module 7** - Spinal Injuries

**Module 8** - Breaks

**Module 9** - Head Injuries

**Module 10** - Sprains

**Module 11** - Managing an Incident & Record Keeping

**Module 12** - Burns & Scalds

**Module 13** - Electric Shock

**Module 14** - Eye Injuries

**Module 15** - Anaphylaxis and Diabetes

**Module 16** - Heart Attack & Stroke

Duration: 150 minutes (Note: This is based on the amount of video content shown and is rounded off. It does not account for loading time or time required to answer each question).