



University of the
Highlands and Islands
Shetland

CPC- Emergency First Aid at Work for Drivers

Length of course: 7 hours

Who is this course aimed at: All drivers of lorries over 3.5 tonnes(LGV) or Passenger Carrying Vehicles (PCV) with 9 or more seats must complete 35 hours of periodic training every five years. Periodic training is delivered through training courses attended over the five year period covered by the validity of their current CPC. This course is 7 hours long and is approved by JAUPT.

Course Outcomes: The learner will learn about:

The First Aider Roles and Responsibilities

Acts and Regulations

Fears of First Aid – Barriers etc

Scene Survey/Safety Aspects

Initial Assessment (DRAB), Primary Survey, Unconscious breathing, and recovery position

The heart, sudden cardiac arrest, heart attacks and CPR. Includes one rescuer CPR, chest only compressions and CPR handover to second rescuer includes chain of survival

Use of AED and Pad Placement

CPR during Coronavirus pandemic guidelines

Adult choking (mild/severe), conscious and unconscious

Serious bleeding management, wounds, and minor injuries

Hypovolemic Shock signs and treatment

Other injuries: Fractures and dislocations; Burns and scalds; Eye injuries; Crush injury/hazards; Chest Injuries; Anaphylactic Shock; Diabetes; Seizures and epilepsy

Course Description: The Emergency First Aid at Work for Drivers meets the JAUPT requirements for CPC. ***This course includes the latest CPR and Coronavirus recommendations.*** This course is 7 contact hours and run over a minimum of 1 day and the certificate is valid for 3 years.



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