



University of the
Highlands and Islands
Shetland

First Aid at Work

Accreditation: Highfield Qualifications

Length of course: 3 days

Who is this course aimed at: Learners who wish to become first aiders in the workplace. Candidates should be physically able to carry out the procedures highlighted in the course outcomes.

Course Outcomes:

Understand the role and responsibilities of a First Aider, including preventing cross infection and the use of available equipment

Be able to assess an incident and understand the need for recording incidents

Be able to manage an unresponsive casualty who is breathing normally

Know how to recognise and assist a casualty who is choking

Be able to manage a casualty who is in shock or with injuries to bones, muscles and joints including suspected spinal injuries. Also chest injuries, burns and scalds, eye injuries, sudden poisoning and anaphylactic shock

Be able to manage a casualty with external bleeding

Be able to manage a casualty with a minor injury

Administer first aid to a casualty who is unconscious, administer cardio-pulmonary resuscitation and first aid to a casualty who is choking, wounded or suffering from shock

Recognise the presence of a major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma, diabetes).

Course Description: This qualification covers knowledge such as the roles and responsibilities of the first aider, how to assess an incident and recognising signs and symptoms of injury and illness. The qualification also covers first aid skills in CPR and use of an AED and assisting a casualty who is suffering from major injury and illness such as chest injuries, spinal injuries and anaphylaxis. Assessment is by a practical demonstration and a multiple-choice theory test. This course is at SCQF Level 6 and is valid for 3 years.



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