



Waterford Chamber Skillnet Training

Course Title: Occupational First Aid Fetac Level 5 (D20188)

Duration: 3 days

Trainer: Denise Kelly – First Aid & Medical

For the Trainee:

Summary of Contents

General Aims *Learners who successfully complete this module will:*

Understand the responsibilities of the occupational first aider
be able to provide treatment for the purpose of preserving life or minimising the consequences of injury until discharge or the arrival of medical assistance
be able to provide treatment in the workplace for an injury which does not require the attention of a medical practitioner or nurse
be capable of coordinating first aid arrangements in the workplace.

Be familiar with health and safety legislation on first aid provision in the workplace

The specific learning outcomes are grouped into 8 units.

Unit 1 First aid in the workplace

Unit 2 Patient assessment

Unit 3 Respiratory emergencies

Unit 4 Cardiac first response

Unit 5 Wounds and bleeding

Unit 6 Altered levels of consciousness

Unit 7 Musculoskeletal injuries

Unit 8 Burns and scalds, chemicals, electric shock



Specific Learning Outcomes

Unit 1 In the Workplace

Learners should be able to:

- List the role and responsibilities of the Occupational First Aider (OFA)
- Describe the OFA's responsibility related to personal safety
- Discuss the roles and responsibilities of the OFA towards others at the scene of an incident including the patient and bystanders
- Describe the importance of scene safety for the rescuers
- Assess for scene safety
- Apply the principles of standard infection control precautions eg. hand washing, glove use and disposal, clinical waste disposal
- Explain the importance, necessity and legality of patient confidentiality
- With reference to the First Aid Regulations and Guide: define the terms 'first aid' and 'occupational first aider'; describe the duties of an employer, identify the contents of a first aid box for 11-25 persons and the minimum conditions and facilities of a first aid room
- State the procedure for the activation of emergency services
- List possible emotional reactions that an OFA may experience when faced with trauma, illness, death and dying
- List the signs and symptoms of post traumatic stress
- State possible steps that the OFA may take to help reduce/alleviate stress
- Describe the role of post traumatic stress management

Unit 2 Patient Assessment

Learners should be able to:

- Describe a primary and secondary survey
- State the normal respiration rates for an adult at rest
- List the methods to obtain a breathing rate
- State the normal pulse rates for an adult at rest
- List the methods to obtain a pulse rate
- Outline the methods to assess the skin colour, temperature, condition
- Differentiate between hot, cool and cold skin temperature
- Differentiate between a sign and symptom
- Explain the need to search for additional medical identification
- Outline the reason for forming a general impression of the patient
- Assess levels of consciousness including using the alert, verbal, pain, unresponsive (AVPU) scale

- Assess the patient for external bleeding



Greater Achievement Through Training

- Outline the airway, cervical spine, breathing and circulation
- (AcBC) approach to a trauma victim
- Explain how the mechanism of injury may lead to a risk of spinal injury
- Describe the requirements for an explicit handover between occupational first aiders and other health care practitioners including documentation as appropriate
- Demonstrate a primary and secondary survey
- Demonstrate assessment of breathing
- Demonstrate assessment of a pulse
- Demonstrate manual in-line stabilisation of the head in a suspected spinal injury

Unit 3 Respiratory Emergencies

Learners should be able to:

- Define respiration
- List the component parts of the respiratory system
- List the functions of the respiratory system
- List the percentage of oxygen in inspired and expired air
- State the signs and symptoms of a patient with respiratory difficulties
- List the signs of adequate air exchange
- List the signs of respiratory arrest
- Define asthma
- Define foreign body airway obstruction
- Explain the functions of a barrier device
- Describe the correct use of a face shield or facemask
- Describe the steps in the management of a foreign body airway obstruction in the responsive and unresponsive adult (child and infant where appropriate)
- Demonstrate an open airway using the head tilt technique
- Demonstrate rescue breathing using mouth-to-mouth, mouth-to-mask or mouth-to-nose (infants only) techniques
- Recognise the signs of choking in an adult (child and infant where appropriate) and take the appropriate steps to clear the airway obstruction
- Demonstrate the relief of a foreign body airway obstruction in an unresponsive adult (child and infant where appropriate)
- Demonstrate the treatment of the patient with respiratory difficulties
- Demonstrate the treatment of the patient in respiratory arrest

Unit 4 Cardiac First Response



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Learners should be able to:

- Describe the links in the chain of survival for adult (child and infant where appropriate)
- Explain the importance of calling the emergency services
- Retrieve an automated external defibrillator (AED)
- Explain the importance of early cardio pulmonary resuscitation (CPR) and defibrillation
- Describe when to start CPR
- Describe when to use an AED
- List the 4 major life threatening emergencies
- Define heart attack, stroke, cardiac arrest and foreign body airway obstruction
- List the signs of heart attack, stroke, cardiac arrest and foreign body airway obstruction
- Explain the functions of an AED
- Outline the conditions in which an AED is used
- List the safety precautions for use of an AED
- List the special considerations for use of an AED
- List the steps of one-rescuer adult CPR (child and infant where appropriate)
- Describe the appropriate actions to take for each AED voice prompt
- List the obvious signs of death and describe when resuscitation is not indicated
- Describe the legal implication for those who attempt to provide pre-hospital emergency care
- Describe the clinical indemnity issues for those who attempt to provide pre-hospital emergency care
- Describe the importance of the pre-hospital emergency care continuum emphasising the integration of all pre-hospital emergency responders
- List the steps to be taken prior to aspirin (Acetylsalicylic Acid) 300mg tablet administration for cardiac chest pain
- Assess responsiveness
- Demonstrate the techniques of airway, breathing and circulation assessment in an adult (child and infant where appropriate)
- Perform one-rescuer adult CPR (child and infant where appropriate)
- Demonstrate safe defibrillation with an AED (adult only) with minimal delay and interruption in CPR
- Demonstrate how to troubleshoot the most common problems that might be encountered whilst using an AED
- Demonstrate the recovery position
- Demonstrate the steps in aspirin (Acetylsalicylic Acid) 300mg tablet administration for a patient suspected of having cardiac chest pain



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Unit 5 Wounds and Bleeding

Learners should be able to:

- List the components of the circulatory system
- List the functions of blood
- Differentiate between arterial, venous and capillary bleeding
- State the effects of severe bleeding
- List wound types
- Demonstrate the control of bleeding using posture, expose/ examination and elevation, pressure and shock (PEEPS)
- Outline the management of head, eye and facial injuries
- Outline the management of internal bleeding
- Outline the management of crush injuries
- Outline the benefit of tying a reef knot
- Demonstrate the application of pre-packed sterile dressings to various body sites
- Demonstrate the application of bandages to various body sites
- Demonstrate using a triangular bandage the narrow fold, broad fold, arm sling and elevation sling
- Demonstrate the treatment of a nose bleed
- Demonstrate the procedure to clean a simulated minor wound
- Demonstrate the treatment of surface injuries to the head, ear and face using items from a first aid kit

Unit 6 Altered Levels of Consciousness

Learners should be able to:

- Define shock
- State the primary causes of shock
- List the signs and symptoms of shock
- Outline the treatment of a patient in shock
- Outline how monitoring vital signs can indicate the condition of a patient
- List the functions of the nervous system
- Define altered level of consciousness
- List the causes of altered level of consciousness
- differentiate between concussion and compression
- Define fainting
- List the signs and symptoms of a faint
- Outline the treatment of a patient with altered level of consciousness
- Define diabetes and epilepsy and outline appropriate treatment
- Demonstrate the position used to treat a patient in shock
- Demonstrate the recovery position
- Demonstrate the treatment of the patient with altered level of consciousness



Greater Achievement Through Training

Unit 7 Musculoskeletal Injuries

Learners should be able to:

- List the functions of the skeleton
- Define a fracture, sprain, strain and dislocation
- List the causes of a fracture
- Differentiate between open, closed and complicated fractures
- List the signs and symptoms of a fracture
- Outline the dangers of uncontrolled movement of a fracture and the conditions where a patient should/ should not be moved
- Demonstrate the treatment of an upper limb fracture using bandages
- Demonstrate the treatment of a shoulder dislocation
- Demonstrate the treatment of a soft tissue injury using the rest, ice, compress and elevate (RICE) method
- Demonstrate the treatment of a lower limb injury

Unit 8 Burns and Scalds, Chemicals, Poison, Electric Shock

Learners should be able to:

- State the functions of the skin
- Differentiate between a burn and a scald
- State the danger of burns
- Outline the treatment of minor burns
- Outline the treatment of major burns
- Outline the treatment of a chemical burn to the body
- Outline the treatment of a chemical burn to the eye
- Define a poison
- List four routes of entry of a chemical/poison into the body
- Differentiate between a harmful, corrosive and toxic chemical
- Outline the treatment for each route of entry of a chemical/poison
- State the effects of low/high voltage electric current to the body
- Outline the safe management of a patient who is in contact with a live electrical source
- Outline the treatment of a patient who has been in contact with a live electrical source
- Demonstrate the treatment of a minor burn including the application of a burns dressing
- Demonstrate the treatment of a major burn
- Demonstrate the treatment of a chemical burn
- Demonstrate eye irrigation and the application of an eye pad

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Portfolio of Assessment

Please refer to the glossary of assessment techniques and the note on assessment principles at the end of this module descriptor. All assessment is carried out in accordance with FETAC regulations.

The OFA Instructor advises the format of assessment which is carried out by another OFA Instructor.

Summary Skills Demonstrations (2) 70%
Examination 30%

Skills Demonstration 1

Basic Life Saving Skills 40%

Candidates will be assessed in the following basic life saving skills:

- Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED)

Skills Demonstration 2

Other Occupational First Aid Skills 30%

Candidates will be assessed in 2 of the following skill areas:

- Patient assessment
- Respiratory emergencies
- Wounds
- Bleeding
- Shock
- Altered levels of consciousness
- Musculoskeletal injuries
- Burns and scalds
- Electric shock

Examination The assessor will devise a theory based examination that assesses candidates ability to recall and apply theory and understanding, requiring responses to a range of short answer questions. These questions may be answered in different media e.g. in writing or orally

The examination will be 45 minutes in duration.



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The format of the examination will be as follows:

22 short answer questions.

Candidates are required to answer 20 (1.5 mark each)

An OFA Instructor recognised by the Health and Safety Authority will act as the internal assessor and assess candidates.

12 Grading

Pass 50 - 64%

Merit 65 - 79%

Distinction 80 - 100%