

## Emergency First Aid, CPR & Oxygen Resuscitation

### Course Aims

This course is intended to train delegates in order that they can take control at the scene of an emergency, in particular, where there may be a need to provide oxygen resuscitation. The course content covers basic life support skills supplemented by oxygen resuscitation equipment and basic emergency first aid and is suitable for those employees working in situations where there is a risk of atmospheres becoming hazardous.

### Learning Objectives

At the end of this course the delegates will: -

- Be able to describe the contents of a First Aid Kit, be able to use and look after it, restocking any deficiencies
- Be able to assess and deal with an emergency situation without further endangering themselves or others
- Be able to demonstrate the ability to deal with wounds and bleeding
- Be able to demonstrate the ability to recognise and treat an unconscious casualty
- Be able to demonstrate the ability to administer cardiopulmonary resuscitation (CPR)
- Be aware of the need for personal hygiene when treating casualties
- Have an understanding of the relevant legal requirements to report accidents and injuries
- Have an awareness of the different types of resuscitation equipment available
- Have the ability to identify the need to administer oxygen resuscitation.
- Be aware of the risks of using oxygen and the necessary controls to apply.
- Be able to demonstrate the ability to use resuscitation equipment.

### Course Duration

One day.

- Pre-requisites

There are no particular educational or competence pre-requisites for the course. However, the following factors will benefit the delegate: -

- Sound numeric and literacy skills
- A reasonable level of physical fitness
- Good communication skills
- The ability to absorb knowledge and learn new skills
- The ability to cope in an emergency

### Personal Protective Equipment

This course is, unless otherwise specified by the client, classroom based and as such no PPE will be required.

Due to some of the practical elements of the course delegates should wear trousers.

### Certification

A Certificate of Training will be awarded to the delegate on completion of the course.