

# Annual First Aid Refresher Syllabus

## A First aid update

Candidates should understand any changes to first-aid practice that have taken place in the previous year and be able to:

- i Identify how these changes impact on the legal requirements for first-aid provision in the workplace.
- ii Identify how these changes impact on the role and responsibilities of the emergency first aider.

## B Unconscious casualties

Candidates should be able to demonstrate how to:

- i Assess a casualty's level of consciousness, open a casualty's airway and check to see if the casualty is breathing.
- ii Place an unconscious casualty into the recovery position that maintains an open airway.

## C Cardiopulmonary resuscitation (CPR)

Candidates should be able to demonstrate how to administer effective CPR using a manikin.

## D Choking

Candidates should be able to demonstrate how to administer first aid to a casualty who is choking.

## E Bleeding

Candidates should be able to demonstrate how to control severe external bleeding.

## F Shock

Candidates should be able to demonstrate how to manage a casualty who is in shock.



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