

OFA Level 1 Course Outline

Module 1

Each participant will be able to demonstrate the Priority Action Approach (to the end of the primary survey) for conscious patients and patients with a decreased level of consciousness. The procedures will follow the guidelines described in the Occupational First Aid Level 1 Training Manual.

Learning Tasks:

Role and Responsibilities of the Occupational First Aid Attendant

Scene assessment

1. scene assessment
2. hazard considerations
3. mechanism of injury
4. number of victims

Primary survey

1. the purpose of the primary survey
2. the components of the primary survey
3. critical interventions

Airway assessment with C-Spine control

1. the purpose of airway assessment with C-spine control
2. the anatomy and terms associated with airway assessment with C-spine control
3. the approach to the patient
4. airway assessment with C-spine control

Breathing assessment

1. the purpose of assessing breathing
2. the anatomy and terms associated with breathing
3. the assessment of breathing

Circulatory assessment

1. the purpose of the circulatory assessment
2. the anatomy and terms associated with circulation
3. the assessment of circulation
4. the ABC reassessments

Conduct a priority action approach

1. a conscious patient
2. an unconscious patient

Module 2

Each participant will identify and perform appropriate interventions for minor soft tissue injuries including the need for medical referral and be able to accurately complete the required documentation (First Aid Record). This will include specific management of eye injuries, burns and workplace poisoning. The procedures will follow the guidelines described in the Occupational First Aid Level 1 Training Manual.

Learning Tasks:

Skin and soft tissue anatomy and function

1. the skin

Soft tissue injuries

1. open or closed wounds
2. inflammation
3. infection
4. sprain and strain

Management of soft tissue injuries

1. first aid room techniques
2. examination and assessment of injuries
3. the application of cold
4. dressings, and bandages for soft tissue injuries
5. disposition of patient (medical referral/return to work)
6. records and reports

The eye

1. general principles of management for eye injuries
2. specific eye injury management

Principles of burn management

1. thermal burns

Poisons

1. worksite preparedness
2. general principles of management for poisons

Module 3

Each participant will identify and manage critical interventions of the airway with C-spine control for conscious patients and patients with a decreased level of consciousness. The procedures will follow the guidelines described in the Occupational First Aid Level 1 Training Manual.

Learning Tasks:

Anatomy and function of the respiratory system

1. anatomy and terms associated with the air passages

Types of airway obstruction

1. partial and complete airway obstructions
2. signs and symptoms of airway obstruction
3. causes of airway obstruction

Basic techniques of airway management

1. manoeuvres to open the airway (critical interventions)

Manage airway critical interventions

1. a conscious patient with a partial airway obstruction
2. a conscious patient with a complete airway obstruction
3. perform ventilation techniques
4. a patient with a decreased level of consciousness
5. $\frac{3}{4}$ prone position

Module 4

Each participant will identify respiratory emergencies and manage critical interventions. Each participant will describe how to identify and manage asthmatic conditions and anaphylactic shock. The procedures will follow the guidelines described in the Occupational First Aid Level 1 Training Manual.

Learning Tasks:

Anatomy and function of the respiratory system

1. the anatomy and terms associated with the lungs
2. mechanics of breathing

Respiratory emergencies

1. dyspnea
2. chest injuries
3. asthma
4. anaphylactic shock

Management of respiratory emergencies

1. general principles of management for respiratory emergencies
2. the criteria for assisted ventilation

Manage breathing critical interventions

1. a patient in respiratory distress (chest injury)
2. a patient in respiratory arrest

Module 5

Each participant will identify circulatory emergencies and manage critical interventions. Each participant will have an awareness of the role and duties of an Occupational First Aid Attendant in the workplace. The procedures will follow the guidelines described in the Occupational First Aid Level 1 Training Manual.

Learning Tasks:

Anatomy and function of the circulatory system

1. the anatomy and function of the circulatory system
2. the terms associated with the circulatory system

Circulatory emergencies

1. shock
2. bleeding
3. heart conditions

Management of circulatory emergencies

1. the general principles of management for circulatory emergencies
2. specific bleeding management principles
3. specific principles of management for cardiac emergencies

Manage circulatory critical interventions

1. a patient with internal bleeding
2. a conscious patient with external bleeding
3. a patient in cardiac arrest
4. a patient with chest pain who has medication

Module 6

Each participant will describe how to identify and manage stroke, diabetic conditions, seizures, and fainting. The procedures will follow the guidelines described in the Occupational First Aid Level 1 Training Manual.

Learning Tasks:

Medical emergencies

Stroke

1. signs and symptoms
2. principles of management

Diabetes

1. signs and symptoms
2. principles of management

Seizures

1. signs and symptoms
2. principles of management

Fainting

1. signs and symptoms
2. principles of management