

OCCUPATIONAL FIRST AID L2 COURSE OUTLINE

COURSE INTRODUCTION

1. course format
2. attendance expectations
3. policies and procedures

LESSON 1

INSTRUCTIONAL OBJECTIVE

The participant will be able to perform the priority action approach to the end of the secondary survey for conscious patients and patients requiring urgent medical attention and for patients in the first aid room. Each participant will have an awareness of critical incident stress and its impact on first aid attendants. The procedures will follow the guidelines described in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

The role and duties of an Occupational First Aid Attendant

1. purpose of an attendant
2. the critical aspects of preparedness
3. preparedness checklist
4. the golden hour
5. the priority action approach

Scene assessment

1. hazard considerations
2. mechanism of injury
3. 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 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

Secondary survey

1. the purpose of the secondary survey
2. the components of the secondary survey

Vital signs

1. level of consciousness assessment
2. respiration assessment
3. pulse assessment
4. pupil assessment
5. skin assessment

History-taking

1. chief complaint and history of current injury or illness
2. past medical history
3. review of systems
4. medications and allergies

Head-to-toe examination

1. physical examination
2. neurological examination
3. assessment for suspected spine injury

Conduct a secondary survey

Conduct a priority action approach (to the end of the secondary survey)

1. a conscious patient
2. a patient walking to the first aid room

The following topic will be addressed through reading and homework assignments.

Critical incident stress

LESSON 2

INSTRUCTIONAL OBJECTIVE

Each participant will be able to perform the priority action approach to the end of the secondary survey for patients with a decreased level of consciousness. Each participant will describe how to identify and manage strokes and seizures. The procedures will follow the guidelines described in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

Scene assessment

1. hazard considerations
2. mechanism of injury
3. 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 (to the end of the secondary survey)

1. a conscious patient
2. a patient walking to the first aid room
3. a patient with a decreased level of consciousness

Operate oxygen therapy equipment and insert oral airways

The following topics will be addressed through reading and homework assignments.

Medical emergencies

1. strokes
2. seizures

LESSONS 3 and 4

INSTRUCTIONAL OBJECTIVE

Each participant will assess, manage, identify the need for medical aid referral, and complete documentation for soft tissue injuries. The procedures will follow the guidelines described in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

Skin and soft tissue anatomy and function

1. the skin
2. muscles
3. tendons
4. ligaments

Soft tissue injuries

1. open or closed wounds
2. inflammation
3. lymphatic system
4. infection

Management of soft tissue injuries

1. first aid room techniques
2. referral to medical aid
3. the application of cold
4. dressings, bandages and immobilization for soft tissue injuries
5. management of an amputated part
6. disposition of patient
7. records and reports

The eye

1. the eye anatomy and function
2. general principles of management for eye injuries
3. specific eye injury management

Principles of burn management

1. thermal burns
2. chemical burns
3. electrical burns

Ligament and tendon injuries

1. sprains
2. tendonitis

Manage soft tissue injuries

1. assess, cleanse and dress open wounds
2. apply a large and triangular sling
3. a patient with a loose foreign body in the eye

Complete appropriate documentation

1. patient assessment chart
2. first aid record

LESSON 5

INSTRUCTIONAL OBJECTIVE

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. Each participant will describe the general classifications of poisons and describe the priority action approach for poisoning and substance abuse. The procedures will follow the guidelines described in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

Anatomy and function of the respiratory system

1. anatomy and terms associated with the air passages
2. anatomy and terms of chest (thoracic) muscles and bones specifically related to airway management

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. use oxygen therapy equipment
2. a conscious patient with a partial airway obstruction
3. a conscious patient with a complete airway obstruction
4. perform ventilation techniques
5. a conscious patient with a decreasing level of consciousness
6. a patient with a decreased level of consciousness
7. a patient with blood/vomit in the upper airway

The following topics will be addressed through reading and homework assignments.

Poisons

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

Substance abuse

1. classification of drugs (substances)
2. general principles of management for substance abuse

LESSON 6

INSTRUCTIONAL OBJECTIVE

Each participant will identify respiratory emergencies and manage critical interventions. Each participant will describe how to identify and manage asthmatic conditions. Each participant will identify and manage electrical injuries. The procedures will follow the guidelines in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

Anatomy and function of the respiratory system

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

Respiratory emergencies

1. dyspnea
2. chest injuries
3. specific chest injury
4. injuries causing lung congestion

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 arrest
2. a patient with an open pneumothorax
3. perform ventilation techniques with a bag-valve mask
4. change an oxygen cylinder

The following topics will be addressed through reading and homework assignments.

Asthma

Electrical injury (theory, practical will occur during review lessons)

LESSONS 7 and 8

INSTRUCTIONAL OBJECTIVE

Each participant will identify circulatory emergencies and manage critical interventions. Each participant will describe how to identify and manage diabetic conditions and environmental emergencies. Each participant will be able to identify common communicable diseases, routes of transmission, prevention of infection in particular of bloodborne pathogens. The procedures will follow the guidelines described in the Occupational First Aid Reference and 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 conscious patient with external bleeding requiring the application of a pressure point
4. a patient with a decreased level of consciousness and external bleeding
5. a patient with chest pain who walks to the first aid room
6. perform one person CPR

The following topics will be addressed through reading and homework assignments.

Medical emergencies

1. diabetes

Environmental emergencies

1. heat stroke
2. hypothermia

Communicable diseases

LESSONS 9 and 10

Review the concepts and procedures from lessons 1 – 8