

OCCUPATIONAL FIRST AID L3 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 non-RTC patients and for patients in the first aid room. 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. knowledge of Occupational Health & Safety Regulation
3. the critical aspects of preparedness
4. preparedness checklist
5. the golden hour
6. 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 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

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

LESSONS 2 and 3

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

Manage oxygen therapy equipment

Complete appropriate documentation

1. patient assessment chart
2. first aid record

LESSON 4

INSTRUCTIONAL OBJECTIVE

Each participant will be able to move patients to the supine position from either a standing or sitting position with c-spine control following the guidelines in the Occupational First Aid Reference and Training Manual. Each participant will have an awareness of critical incident stress and its impact on first aid attendants.

Learning tasks:

Patient positioning

1. standing and or sitting to supine

Review the concepts and procedures from lessons 1- 3

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

Critical incident stress

LESSON 5

INSTRUCTIONAL OBJECTIVE

Each participant will be able to prepare RTC patients for rapid transport in the supine position. The procedures will not take longer than fifteen (15) minutes from the start of the primary survey or ten (10) minutes from the recognition of delayed onset of RTC criteria and will follow the guidelines in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

Patient packaging and immobilization for rapid transport

1. the purpose of patient packaging and immobilization for rapid transport
2. equipment needs
3. patient positioning
4. securing techniques

Prepare a patient for rapid transport

1. apply a hard collar
2. position and secure a patient to a spine board in the supine position

LESSON 6

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 assist in preparing patients for rapid transport in the lateral position. Each participant will also be able to move patients to the supine position maintaining c-spine control from the prone position. The procedures will follow the guidelines described in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

Review level of consciousness assessment

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

1. on a patient with a decreased level of consciousness

Manage oral airways

1. identify the need for an oral airway
2. correctly measure and insert an oral airway

Patient packaging for rapid transport

1. patient positioning
2. position and secure a patient to the spine board in the lateral position

LESSON 7

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. 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/vomitus in the upper airway

LESSON 8

INSTRUCTIONAL OBJECTIVE

Each participant will be able to demonstrate the use of suction equipment to manage critical airway interventions as outlined in Lesson 7. The procedures will follow the guidelines described in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

Manage airway critical interventions

1. a patient with blood/vomitus in the upper airway utilizing a suction unit

Review the concepts and procedures from Lesson 1 – 7

LESSON 9

INSTRUCTIONAL OBJECTIVE

Each participant will identify respiratory emergencies and manage critical interventions. 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

LESSONS 10 and 11

INSTRUCTIONAL OBJECTIVE

Each participant will identify circulatory emergencies and manage critical interventions. 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
4. circulatory rapid transport criteria

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 and two person CPR

LESSON 12

INSTRUCTIONAL OBJECTIVE

Review the concepts and procedures from lessons 1 – 11

LESSON 13

INSTRUCTIONAL OBJECTIVE

Each participant will identify and manage head, brain and spinal injuries. Each participant will describe how to identify and manage strokes and seizures. The procedures will follow the guidelines in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

Anatomy and function of the nervous system

1. anatomy and terms associated with the brain, spinal cord and nerves
2. the bones of the head and spine

Head and brain injuries

1. injuries to the head
2. injuries to the brain
3. the general signs and symptoms of head and brain injury
4. complications of head and brain injuries

Neck and spinal injuries

1. soft tissue injuries to the neck
2. spinal injuries

General principles of management for head, brain and spinal injuries

Manage head and spinal injuries

1. a patient with a cervical injury
2. perform multi-person direct lift
3. perform a multi-person log-roll
4. a patient with a penetrating/protruding eye injury

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

Medical emergencies

1. strokes (theory, practical will occur during review lessons)
2. seizures

LESSON 14

INSTRUCTIONAL OBJECTIVE

Each participant will identify and manage pelvic and abdominal injuries. Each participant will describe how to identify and manage diabetic conditions. The procedures will follow the guidelines in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

Anatomy and terms related to the abdominal cavity

1. solid and hollow organs
2. associated bones

Abdominal and pelvic injuries

1. blunt abdominal injuries
2. penetrating abdominal injuries
3. pelvic injuries
4. assessment of abdominal and pelvic injuries

General principles of management for abdominal and pelvic injuries

Manage abdominal and pelvic injuries

1. a patient with a pelvic fracture
2. a patient with a penetrating/protruding abdominal injury

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

Medical emergency

1. diabetes (theory, practical will occur during review lessons)

LESSON 15

INSTRUCTIONAL OBJECTIVE

Each participant will identify and manage upper limb fractures and dislocations. 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 terms related to the limbs

1. rule of thirds
2. joints
3. traction
4. limb injuries

Immobilization

1. definition and purpose of immobilization
2. principles of splinting

General principles of management for fractures and dislocation

Manage fractures and dislocations

1. a patient with a mid-third forearm fracture
2. a patient with an elbow dislocation
3. a patient with a clavicle fracture
4. a patient with a shoulder dislocation

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

Medical emergency

1. asthma

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

LESSON 16

INSTRUCTIONAL OBJECTIVE

Each participant will identify and manage environmental emergencies, lower limb fractures and dislocations. 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 in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

Environmental emergencies

1. heat exhaustion
2. heat stroke
3. frostbite
4. hypothermia

Manage fractures and dislocations

1. a patient with a lower leg fracture
2. a patient with a femur fracture
3. a patient with an ankle fracture

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

Communicable diseases

LESSON 17

INSTRUCTIONAL OBJECTIVE

Each participant will describe the key factors in multiple casualty management. Each participant will identify and describe methods of transport for injured workers and factors used to make transport decisions. Each participant will describe how to identify and manage occupational dermatitis. The procedures will follow the guidelines in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

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

Multiple casualty management
Transport

1. industrial ambulance
2. emergency transport vehicle (ETV)
3. air evacuation

Occupational dermatitis

Review the concepts and procedures from lessons 1 – 16

LESSON 18

INSTRUCTIONAL OBJECTIVE

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 in the Occupational First Aid Reference and Training Manual.

Learning Tasks:

The following topic 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

Review the concepts and procedures from lessons 1 – 16

LESSON 19

Review the concepts and procedures from lessons 1 – 16

LESSON 20

Review the concepts and procedures from lessons 1 – 16

