

## **OCCUPATIONAL FIRST AID LEVEL 3 REFRESHER COURSE OUTLINE**

All lectures and demonstrations in this program are optional and based on the instructors' assessment of students. Students are expected to be familiar with all aspects of the Level 3 program and responsible for the material covered in the textbook.

### **COURSE INTRODUCTION**

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

### **LESSON 1**

#### **INSTRUCTIONAL OBJECTIVE**

Each 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. Each participant will be able to move patients to the supine from either a standing or sitting position with C-spine control. Each participant will explain critical incident stress and its impact on first aid attendants. Each participant will describe the role and duties of an Occupational First Aid Attendant. All procedures will follow the guidelines in the Occupational First Aid Reference and Training Manual.

#### **LESSON OUTLINE**

- ground rules and expectations of the course
- role and duty of an Occupational First Aid Attendant
- Priority Action Approach
- Primary Survey
- Secondary Survey

## **LESSON 2**

### **INSTRUCTIONAL OBJECTIVE**

Each participant will identify and describe management of Occupational Dermatitis. 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 in the Occupational First Aid Reference and Training Manual.

### **LESSON OUTLINE**

- skin and soft tissue anatomy and function
- wounds and complications
- soft tissue injury management
- documentation

## **LESSON 3**

### **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 be able to demonstrate the use of suction equipment. 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.

### **LESSON OUTLINE**

- causes and types of airway obstruction
- signs and symptoms of airway obstruction
- causes and types of respiratory emergencies
- signs and symptoms of respiratory emergencies
- airway and respiratory emergency management

**LESSON 4****INSTRUCTIONAL OBJECTIVE**

Each participant will identify circulatory emergencies and manage critical interventions. The procedures will follow the guidelines in the Occupational First Aid Reference and Training Manual.

**LESSON OUTLINE**

- circulatory and cardiac emergencies
- shock
- bleeding
- CPR/AED

**LESSON 5****INSTRUCTIONAL OBJECTIVE**

Each participant will describe the key factors in multiple casualty management. Each participant will identify and describe methods of transportation for injured workers and factors used to make transport decisions. Each participant will be able to move a patient to the supine position, maintaining C-spine control, from the prone position. Each participant will be able to prepare a patient for rapid transport, in the supine and lateral positions, in no longer than 15 minutes from the approach to the patient. The procedures will follow the guidelines in the Occupational First Aid Reference and Training Manual

**LESSON OUTLINE**

- patient immobilization and packaging for rapid transport
- hard collar application
- spine board securing for rapid transport

## **LESSON 6**

### **INSTRUCTIONAL OBJECTIVE**

Each participant will identify and manage head, brain, spinal, pelvic and abdominal injuries. Each participant will identify and manage diabetic conditions. The approach will follow the guidelines in the Occupational First Aid Reference and Training Manual.

### **LESSON OUTLINE**

- nervous system anatomy and function
- head and brain injuries
- management of head, brain and spinal injuries
- multi-person direct lift and multi-person roll
- anatomy and function of abdominal organs
- types of abdominal and pelvic injuries
- recognition and management of abdominal and pelvic injuries

## **LESSON 7**

### **INSTRUCTIONAL OBJECTIVE**

Each participant will identify and manage upper and lower limb fractures and dislocations. Each participant will identify and manage environmental and electrical emergencies. Each participant will be able to identify common communicable diseases, routes of transmission, and prevention. The procedures will follow the guidelines in the Occupational First Aid Reference and Training Manual.

### **LESSON OUTLINE**

- review principles of immobilization
- recognition and management of limb fractures and dislocations

**LESSON 8****INSTRUCTIONAL OBJECTIVE**

Each participant will describe the general classifications of poisons and describe the priority action approach for poisoning and substance abuse.

**Review the major concepts from Lessons 1 through 7.**

**LESSON OUTLINE**

- review the priority action approach for all RTC and non-RTC patients
- suggested viewing of the ETV – Air Transportation video (if available)

**LESSON 9****INSTRUCTIONAL OBJECTIVE**

**Review the major concepts from Lessons 1 through 8.**

**LESSON OUTLINE**

- review the priority action approach for all RTC and non-RTC patients

**LESSON 10****INSTRUCTIONAL OBJECTIVE**

**Review the major concepts from Lessons 1 through 8.**

**LESSON OUTLINE**

- review the priority action approach for all RTC and non-RTC patients