



Emergency First Aid at Work and Forestry



Introduction

The Emergency First Aid at Work (EFAW) and Forestry course covers all the core EFAW modules and additional forestry modules as specified by The Forestry Commission.



Course Duration

SSG offer this course as a seven-hour (plus breaks) classroom course.



Course Attendees

This course is suitable for those working within heavy industry, forestry workers and anyone with the potential of attending serious injury or working outside.

Note

To attend this course, delegates must be aged 16 or above.



Course Programme

The course covers:

Standard EFAW modules:

- First aid at work regulations and rules
- Fears of first aid
- Barrier use
- Initial assessment
- Unconscious breathing patient
- Recovery position
- Introduction to spinal injury
- The heart and sudden cardiac arrest
- Heart attacks
- One rescuer CPR
- Compression-only CPR

- CPR handover to a second rescuer
- AED use (defibrillation)
- Stroke
- Choking
- Serious bleeding management
- Treatment of minor injuries
- Types of shock and management of shock
- Burns and scalds
- Seizures and epilepsy

Additional forestry modules:

- Control of catastrophic bleeding (including use of tourniquets and haemostatic dressings)
- Anaphylactic shock
- Lyme disease
- Hypothermia
- Heat exhaustion
- Heat stroke
- Crush injuries



Training Certification and Assessment

This is a continual assessment course with ongoing practical elements. Those who complete the course will receive a certificate, which is valid for three years.



Suggested Follow on and Complementary Courses

It is strongly recommended by the HSE that trained staff attend an annual refresher, the duration is three hours and gives the opportunity for the first aider to update their skills by practical and theoretical means.