



First Aid for the Workplace

Purpose: To teach lay responders the knowledge and skills necessary to give care in an emergency, help sustain life and minimize the consequences of injury or sudden illness until medical help arrives.

Learning Objectives (Highlighted items covered in CPR training)

- Describe how to recognize and respond to an emergency.
- Describe the purpose of the Good Samaritan Laws.
- Describe the difference between consent and implied consent.
- Describe the three emergency action steps.
- Identify when and how to call 9-1-1 or the local emergency number.
- Explain when and how to move a person from a dangerous scene.
- Identify how to minimize the risk of disease transmission when giving care.
- Demonstrate how to minimize the risk of disease transmission when giving care.
- Demonstrate how to check an unconscious person for life-threatening and non-life-threatening conditions.
- Demonstrate how to check a conscious person for life-threatening and nonlife-threatening conditions.
- Identify the signals of shock and describe how to minimize its effects.
- Describe how to prioritize care for injuries and sudden illnesses.
- Identify the signals of various soft tissue and musculoskeletal injuries.
- Identify the signs and symptoms of sudden illness including:
 - Stroke
 - Seizure
 - Fainting
 - Diabetic emergency
 - Poisoning
 - Allergic reactionand describe how to care for them.
- Identify the signs and symptoms of heat- and cold-related emergencies and describe how to care for them.
- Demonstrate how to control bleeding.
- Identify the signals of head, neck and back injuries and explain how to care for them.
- Demonstrate how to care for a muscle, bone or joint injury.

Length: Approximately 3 hours and 30 minutes (2 hours when added to CPR)

Participant Materials

First Aid/CPR/AED for the Workplace Participant's Workbook - First Aid Skills Card