

# 3 DAY

First aid at work  
course activity

# 1 DAY

Emergency first aid  
at work course activity

BLEEDING (MINOR)

BLEEDING (SEVERE)

BURNS

CASUALTY MOVEMENT

CHOKING (ADULT)

CPR (ADULT)

FAINTING

PRIMARY SURVEY

SEIZURES (ADULT)

SHOCK

UNCONSCIOUS CASUALTY

ALLERGIC REACTION

ASTHMA

BONE, MUSCLE AND  
JOINT INJURIES

CHEST PAINS  
(including heart attack)

EYE INJURIES

HEAD INJURIES

LOW BLOOD SUGAR

POISONS

SPINAL INJURIES

SPRAINS AND STRAINS

STROKE