MRS TRAINING & RESCUE
Safe in our hands

GWO Enhanced First Aid Refresher Training Course

DAY 1

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
	15 mins	T / D	• Introductions
1	15 mins	T/D	• Global legislation • National legislation • First aid guidelines • Risks and hazards
2	70 mins	T / D	**Anatomy** • The human body's life conditions, structure, function and signs • Use of anatomy and first aid in emergency situations • Understanding of personal hygiene
3	60 mins	T / P / D	**Life saving first aid and primary, secondary survey** • Primary survey (a, B, C) • "C": Critical (catastrophic) bleeding • Unresponsive • Unresponsive, not breathing • CPR including AED • Obstruction of airway • Bleeding, internal and external • Shock
4	120 mins	T / P / D	**Themes** • Theme 1 – Psychological effects of first aid • Theme 2 – Sudden sickness and environmental factors • Theme 3 – Types of trauma • Theme 4 – Incident management and situational awareness • Theme 5 – Complex incidents with several (2-5) casualties
5	120 mins	T / P / D	**Scenario based training** (Practice first aid techniques – using a number of following)) • Dropped Objects (serious head injury) • Fall from Height • Serious internal bleeding • Serious external bleeding • Unresponsive with normal breathing • Unresponsive, not breathing • CPR using an AED • Epileptic Seizure • Asthma • Stroke

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
5 cont.		T / P / D	• Hypothermia / Hyperthermia • Crush Injury • Eye Injury • Electrical accidents minor / senior • Amputation • Minor incident escalating to a serious incident • Traffic related accident
	15 mins	T / D	Course Evaluation
End of day 1			

DAY 2

6	50 mins	T / D / P	**Management of an incident** Emergency rescue teams, emergency calls and medical teleconsultation
7	150 mins	T / D / P	**Lifesaving and Enhanced First Aid using Primary and Secondary Survey** 1. "C" – A – B – C – D – E – Principle 2. Primary Survey 3. "C": Critical bleeding 4. A: Airway 5. B: Breathing 6. C: Circulation 7. Secondary Survey 8. D: Disability 9. E: Environment/Exposure 10. Psychological First Aid
8	150 mins	T / D / P	**Scenario based training** (to include) 1. Managing incidents using medical teleconsultation 2. Providing necessary lifesaving first aid 3. Correct use of first aid and advanced emergency equipment 4. Knowledge of and skills for AED safety procedures 5. Correct use of an AED and airway management devices
9	45 mins	T / D / P	**Pain management and further possible medication** 1. Application algorithm 2. Further possible medication
	15 mins	D	**Evaluation** 1. Summary 2. Evaluation 3. Training records
End of course			