

## Occupational First Aid Refresher Course



### Course Overview

To be able to render first aid treatment to the casualty during an emergency or accident at the workplace. (Mandatory training course for Occupational First Aiders)

### Course Outline

- Principles and Practice of First-Aid
- First Aid Requirements in Factories and other Workplaces
- Wounds, Bleeding and Shock
- Fractures and Soft Tissue Injuries
- Handling and Transportation of the Injured
- CPR and Use of AED
- Breathing Difficulties
- The Unconscious Patient
- Occupational Eye Injuries
- Burn Injuries
- Industrial Toxicology



- Safety and Accident Prevention
- Management of Medical Emergencies
- Revision
- Written and Practical Assessment

### **Methodology**

Written and Practical

### **Who Should Attend**

Personnel appointed as a workplace first-aider and who have already attended the OFAC

### **Course Duration**

2 Days / 16 Hours

### **Pre-requisites**

- Be physically able to perform CPR skills while kneeling on the floor
- Pregnant or with any medical history such as heart and joint issues should seek advice from their doctors prior to enrolling