

# First Aid Response

## Course Aim

The course is for anyone wanting to learn how to recognise and care for people with life-threatening injuries before the arrival of healthcare practitioners. It is also for people who require basic first aid training as part of their job. This could include non-healthcare personnel, sports coaches, teachers and parents as a very small example.

On completion of this 3-day course, the First Aid Responder will be equipped with the necessary practical skills, knowledge and confidence to give effective life support, diagnose and treat injuries or illness, and maintain care and comfort of a patient who has become suddenly ill or injured in the workplace or elsewhere until the arrival of emergency medical services. Also included is training in the use of an Automated External Defibrillator (AED) and the administration of aspirin for cases of a suspected heart attack.

First Aid Response (FAR) is a new training standard developed by the Pre-Hospital Emergency Care Council of Ireland. The objective of FAR is to improve, and replace the current Occupational First Aid course and have a standardised syllabus nationwide. FAR also includes the full Cardiac First Response Community standard.

## COURSE OBJECTIVES

**Upon successful completion of this course participants will gain the skills and knowledge necessary to:**

- Deal with life-threatening or potentially life-threatening conditions until the arrival of emergency medical services
- Provide an adequate response for conditions not thought to be life-threatening but are necessary to prevent further harm before the emergency medical services arrive
- Provide first-aid in a wide range of environments including the workplace, home and recreational settings
- Display the requisite personal skills including composure, competence and self-confidence while understanding their limitations

## TRAINING METHODS & DURATION

The course is facilitated by an instructor /tutor who will use a variety of techniques such as lectures, demonstrations, practical's and group discussions amongst others, to guide you through the course.

The FAR course will take no less than 18 hours. This can be broken down to 6 hour days or be done over successive weekends.

## **WHO SHOULD ATTEND?**

Employees of small, medium or large enterprises across all sectors and the self-employed and anyone who wishes to expand their knowledge of Pre hospital care.

## **ASSESSMENT & CERTIFICATION**

Upon successful completion of this course, students will be issued with a certificate from the Pre-Hospital Emergency Care Council. This certificate will be valid for 2 years.

In order to maintain your qualification after your two-year certification period you will be required to undertake a refresher course.

### **Re-Certification Training**

The refresher course consists of a two-day course designed to refresh the knowledge and skills you learned from your initial training. You must have a valid First Aid Response certificate in order to partake of this course.