

Course reference:TSK2U

Syllabus reference: TS-TSK2U

General information:

Start 9.00 Finish 5.00 or as required

Each session below is approximately 100 minutes duration.

Lunch break 45 mins – coffee breaks 15 mins.

Day 1

Remote First Aid aims
Likely injuries related to work at height – Triage
Suitable first aid kit
Practical anatomy & physiology

coffee

Patient assessment – ABCD
Casualty care-
A systematic approach

lunch

Basic life support
Common injuries-
Recognition and action
Exercises at height

coffee

Further casualty scenarios
Practical and written assessment
Debrief and close