

OFA Level 1 course outline

Module 1

A competent Level 1 first aid attendant will be able to:

- Apply the Priority Action Approach
- Reposition an injured worker
- Describe the roles and responsibilities of a designated first aid attendant
- Conduct a modified primary survey
- Assess soft tissue injuries
- Make appropriate medical referral decisions
- Explain the WorkSafeBC regulatory requirement for first aid record keeping

The procedures will follow the guidelines described in the Occupational First Aid Level 1 Participant Guide.

Learning tasks:

Priority Action Approach

Role and responsibilities of the Occupational First Aid Attendant

Scene assessment

- Scene assessment
- Hazard considerations
- Mechanism of injury (what happened)
- Number of injured workers (victims)

Primary survey

- The purpose of the primary survey
- The components of the primary survey
- Critical interventions

Transport decision

- Information required by ambulance dispatch

ABC reassessments

Conduct a priority action approach

- A responsive worker
- An unresponsive worker

Repositioning a worker

- Face down (Prone) to face up (supine) roll
- Face up (Supine) to recovery ($\frac{3}{4}$ -prone) position

Priority Action Approach for the walking worker

- Modified Primary Survey

Wound assessment and treatment

- Examining wounds
- Cleansing wounds
- Dressing and bandaging
- Worker handout sheets
- Discuss the First Aid Record

Decisions on referral to medical aid

- Wounds that must be referred to medical aid
- Workers who must be transported by ambulance

Module 2

A competent Level 1 first aid attendant will be able to:

- Identify Breathing emergencies
- Identify a mild (partial) obstructed airway
- Identify a severe (complete) obstructed airway
- Clearing of an obstructed airway
- Use of a pocket mask
- Perform CPR and the use of an AED

The procedures will follow the guidelines described in the Occupational First Aid Level 1 Participant Guide.

Learning tasks:

The respiratory and circulatory system

Airway obstruction management

- A responsive worker with a mild (partial) airway obstruction
- A responsive worker with a severe (complete) airway obstruction

CPR and AEDs

- Chest pain
- An unresponsive worker in cardiac arrest

Respiratory/cardiac arrest management

Module 3

A competent Level 1 first aid attendant will be able to:

- Manage bleeding
- Identify the signs of Anaphylactic shock
- Reposition an injured worker
- Identify common medical emergencies
- Manage common medical emergencies

The procedures will follow the guidelines described in the Occupational First Aid Level 1 Participant Guide.

Learning tasks:

Shock

- Identification
- Management

Position a worker from sitting to lying (supine) position

Severe bleeding management

Identification and management of medical conditions

- Stroke
- Diabetes
- Seizures
- Fainting

Burns

- Degrees of burns
- Thermal-burn management

Module 4

Practical scenarios

If time is left over on completion of the material review lessons can be conducted to assist in competency decision.

Module 5

Completion of the written examination, check I.D.

Course schedule and timing

Activity	Topic	Time
Course registration	Not included in class time	0
Module 1		
Discussion	Classroom introduction and management	5
Discussion	Roles and Responsibility	10
Discussion	Barriers to communication	2
Intro / video	How the body works	2
Discussion / video	Priority Action Approach (PAA)	5
Video / demo 1-01	Primary Survey responsive worker	0
Practice 1-01	Primary Survey responsive worker	20
Video / demo 1-02	Reposition an injured worker	2
Practice 1-02	Reposition an injured worker	7
Demo 1-03	Primary Survey unresponsive worker	10
Practice 1-03	Primary Survey unresponsive worker	20
Video / demo 1-04	Reposition an injured worker	2
Practice 1-04	Reposition an injured worker	8
Discussion	Priority Action Approach walk in worker	10
Video / demo 1-05	Priority Action Approach to the walking worker	2
Practice 1-05	Priority Action Approach to the walking worker	15
Demo 1-06	Priority Action Approach walk in worker laceration	10
Practice 1-06	Priority Action Approach walk in worker laceration	20
Discussion	Wounds referred to medical aid	4
Video	Shoulder strain	3
Video	Back Strain	3
		160

Module 2		
Discussion	Airway & Breathing Emergencies	5
Instructor demo 2-01	Partial airway obstruction - responsive worker	5
Practice 2-01	Partial airway obstruction - responsive worker	5
Instructor demo 2-02	Complete airway obstruction - responsive worker	5
Practice 2-02	Complete airway obstruction - responsive worker	10
Discussion	Circulation system	2
Video	Chest pain	2
Discussion	Unresponsive worker	8
Skill only practice 2-03	Ventilating a mannequin with a pocket mask	10
Instructor demo 2-04	CPR. Respiratory/Cardiac arrest	5
Practice 2-04	CPR Respiratory/Cardiac arrest	20
Instructor demo 2-05	CPR Respiratory/Cardiac Arrest with AED	10
Practice 2-05	CPR Respiratory/Cardiac Arrest with AED	20
Discussion	Medical conditions	2
Video	Asthma	2
Video	Anaphylaxis	2
Video	Epinephrine	2
		115
Module 3		
Lecture / discussion	Shock and bleeding	10
Instructor demo 3-01	Internal bleeding – unresponsive laying face up	5
Practice 3-01	Internal bleeding – unresponsive laying face up	15
Guided practice 3-02	Loop tie / pressure bandage / Elastic Velcro strap	20
Instructor demo 3-03	External bleeding – responsive sitting	5
Practice 3-03	External bleeding – responsive sitting	20
Guided practice 3-04	Tourniquet	15
Lecture / Discussion	Medical Conditions	10
		100
Module 4		
Review lesson	Practical scenarios	
Module 5		
Written test	25 multiple choice questions	35
		35
Wrap up	Issue certificates to successful students	10
Total		420