

First Aid at Work Training

IMCA D 014 - *IMCA International Code of Practice for Offshore Diving* – notes in respect of first aid training that:

“Diving physiology and medicine forms an integral part of all diver training courses. “This qualification expires after a period of time. For diving within the scope of this Code, divers will need to refresh their qualification at appropriate intervals. Divers with diving first-aid certificates may choose to complete a general first-aid course rather than a divingspecific course.”

In addition to first aid training, sufficient members of the dive team, as determined by the risk assessment, trained to a higher standard of first aid known as ‘diver medic’ will need to be available. IMCA has provided additional guidance on training requirements for diver medics in IMCA D 020 - *IMCA Scheme for Recognition of Diver Medic Training - Guidance for Training Establishments*. However, this Information Note provides guidance on training requirements for **first aid at work**.

Initial First Aid Training

A diving training program includes training in diving physiology and medicine. Divers should also have received, during their basic diver training course, occupational first aid training.

Refresher First Aid Training

Divers will need to refresh their first aid training at appropriate intervals. Most first aid qualifications are only valid for three years and refresher training should be completed before any certificate runs out. Where a certificate does not stipulate a validity period, or is valid for a period of greater than three years, refresher training should be undertaken within three years.

First Aid Training Requirements

The course should include a revision of topics covered in the basic training course. The basic training course should cover the following broad topic areas:

- ◆ communication and delegation of responsibility in an emergency;
- ◆ cardio-pulmonary resuscitation/basic life support;
- ◆ managing someone who is unconscious;
- ◆ treating and controlling bleeding;
- ◆ treating burns and scalds;
- ◆ treating injuries to bones, muscles and joints;
- ◆ treating minor injuries;
- ◆ treating shock;
- ◆ treating eye injuries and rinsing out eyes;
- ◆ poisons, gases and fumes;
- ◆ moving injured people;
- ◆ recognising illness;
- ◆ simple record keeping;
- ◆ the use of first aid equipment provided;

- ◆ personal hygiene;
- ◆ cross-infection when treating wounds;

Refresher first aid training includes testing skills and understanding gained during initial training.

Basic training courses should normally last at least 24 contact hours (contact hours means actual teaching or practical time and should not include drink/meal breaks). Refresher training would normally be expected to last at least 12 contact hours.

Assessment

When the training is completed candidates should be able to use the appropriate skills listed above. Part of the assessment should normally be carried out by two suitably qualified assessors who have not been involved in the training.

The assessment should verify:

- the ability to act safely, promptly and effectively when an emergency situation occurs;
- the ability to carry out cardio-pulmonary resuscitation promptly and effectively;
- the ability to carry out first aid safely, promptly and effectively to someone who is unconscious; and
- the ability to carry out first aid safely, promptly and effectively to someone who is wounded or bleeding.

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