

Module

Enhanced

First Aid Refresh

Enhanced First Aid Refresher

EFAR (14 h)

EFAR



**Aim:** The aim of the module is to enable the participants to support and care for others working in the industry and to provide ongoing care to an ill or injured casualty over a short period of time while waiting for professional emergency rescue teams to arrive.

PROGRAMS: EFAR Enhanced First Aid Refresh

- 1. Introduction to the training
- 2. Risks and hazards and legislation
  - 2.1 Risks and hazards
  - 2.2 First aid guidelines
- 3. Anatomy and Physiology
  - 3.1 The human body's life conditions, structures, functions and signs
- 4. Incident management, emergency response and medical teleconsultation
  - 4.1 Safety awareness and personal protection equipment in an emergency situation
  - 4.2 Management of an incident
  - 4.3 Emergency rescue teams, emergency calls and medical teleconsultation
- 5. Lifesaving and enhanced first aid using primary and secondary survey
  - 5.1 The "C" - A-B-C-D-E principle
  - 5.2 Primary survey
  - 5.3 "C" Catastrophic bleeding
  - 5.4 A: Airway
  - 5.5 B: Breathing - Cardiopulmonary resuscitation (CPR)
  - 5.6 C: Circulation
  - 5.7 D: Disability
  - 5.8 E: Environment/Exposure
  - 5.9 Secondary survey
  - 5.10 Damage and poisoning through contact with chemical or biological substances
  - 5.11 Eye injuries
  - 5.12 Broken bones and injuries to joints and muscles
  - 5.13 Burns
  - 5.14 Bites and stings
  - 5.15 Significant injuries
  - 5.16 Significant illness
  - 5.17 Psychological first aid
- 6. Pain management and further possible medication
  - 6.1 Application algorithm of pain management
  - 6.2 Further possible medication
- 7. Enhanced first aid refresher exercises (scenario-based training)
  - 7.1 Practice first aid techniques
  - 7.2 Debriefing
- 8. Training review
  - 8.1 Training review
  - 8.2 Feedback session

Module EFAR (Enhanced First Aid Refresh)

**Duration EFAR:** 14 hours (2 days)  
**Program EFAR:** Sections 1 to 8  
**Certificate Validity:** 24 months  
**Maximum students:** 12 people per Edition  
**Prerequisites:** valid EFA/EFAR certificates

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