

First Aid in Optometric Practice

Course Timetable

09:00 - 09:15	Registration
09:15 - 10:15	Theory Session – Aims and objectives of course, Q&A on common injuries seen by Optometrists, Timetable, Role of First Aider, Accident book, First aid kit, RIDDOR, COSHH
10:15 - 10:30	Tea Break
10:30 - 12:15	Theory Session – Incident and casualty management Practical Session – Primary survey, Secondary survey, Recovery position, CPR
12:15 - 12:45	Theory Session – Breathing disorders, Choking, Anaphylaxis
12:45 - 13:30	Lunch
13:30 - 15:15	Theory/Practical Session – Wounds and bleeding, Internal bleeding, Treatment of: Arm, Head, Nose, Embedded object, Varicose vein
15:15 - 15:30	Tea Break
15:30 - 16:00	Theory/Practical Session – Shock, Fainting
16:00 - 16:15	Theory Session – Burns – Electrical and Chemical
16.15 - 16.30	Miscellaneous conditions, Epilepsy, Diabetes
16.30 - 16.45	Review – Aims and Objectives, Course evaluation

This course is suitable for all optometric staff.

