

## RTITB Emergency First Aid at Work (QCF) Assessment Protocols: Unit 1 – Emergency First Aid in the Workplace.



Approved Centre Name \_\_\_\_\_ Course Dates \_\_\_\_\_

Candidate Name \_\_\_\_\_

### (a) Primary Survey - Treatment for Collapse

Rescue sequence		✓
Stop. Look.		
Consider personal protection.		
Shout command/question & touch shoulders.		
Shout for HELP.		
Head tilt & chin lift.		
Keep head tilted & chin lifted.		
Look. Listen. Feel. (no more than 10 seconds)		
Scan for life-threatening bleeding and damage.		
Reassure, inspire confidence and take charge.		
Kneel by the side of the casualty.		
Remove any spectacles &/or empty pockets.		
Undo restrictive clothing or equipment.		
Roll casualty to open draining position.		
Check SAP (RP). Recheck breathing.		
Phone for HELP.		

### (b) Primary Survey - CPR

Rescue sequence		✓
Stop. Look.		
Consider personal protection.		
Shout command/question & touch shoulders.		
Shout for HELP.		
Head tilt & chin lift.		
Keep head tilted & chin.		
Look. Listen. Feel. (no more than 10 seconds)		
Phone for HELP. Ask if AED is available on site.		
Return. Stop. Look.		
Kneel by the side of the casualty.		
Press down to a depth of 5 – 6 cm.		
30 compressions. Rate 100 – 120 per minute.		
Head tilt. Lift chin.		
Pinch nose. Open mouth. Chin lift maintained.		
Attempt 2 breaths of 1 second.		
30 compressions. 2 breaths.		
Continuously (30:2).		

### Supporting Question

### Candidate Answer

Internal Assessor Signature:

Date:

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### (c) Choking

Rescue Sequence		✓
Stop. Look.		
Consider personal protection.		
“Are you choking? Can you cough?”		
Obtain permission to help.		
Support casualty’s chest with one arm		
Lean the casualty well forwards.		
Give five sharp back blows between the shoulder blades.		
Use arms to encircle the casualty’s abdomen.		
Clench fist between navel and ribcage.		
Grasp the fist and pull sharply inwards and upwards.		
Give a total of five abdominal thrusts.		
Five back blows.		
Five abdominal thrusts.		
Continuously (5:5).		

### Supporting Question

### Candidate Answer

### (d) Bleeding

Rescue Sequence		✓
Stop. Look.		
Consider personal protection.		
Ask questions.		
Ask permission. Ask “What happened?”		
Ask “Is anything in your mouth?”		
Make sure the casualty can talk.		
Listen to the breathing sounds.		
Ask permission and inspect wound carefully.		
Check wound.		
Apply firm pressure.		
Bandage the dressing as appropriate.		
Lie down on insulated surface and cover casualty.		
Check legs. Lift legs (if appropriate).		
Reassure casualty throughout.		
Go to phone or phone for help as appropriate.		
Examine wound bandage and distal limb.		

**Trainer Signature:**

**Date:**