

## ***MICRO-CREDENTIAL***

<b>TYPE OF ASSESSMENT</b>	<b>PRACTICAL TASK 1B</b>
<b>TOPIC</b>	<b>BASIC FIRST AID PROCEDURES IN THE WORKPLACE</b>
<b>DURATION</b>	<b>1 HOUR</b>
<b>DATE OF ASSESSMENT</b>	
<b>STUDENT'S INFORMATION</b>	
<b>TOTAL MARKS</b>	

### **A. OBJECTIVE**

Objective for this assessment is to:

1. Demonstrate correct steps in performing basic first aid for common workplace injuries.
2. Identify and use appropriate first aid equipment and materials.
3. Apply the DRABC (Danger, Response, Airway, Breathing, Circulation) principle effectively.
4. Perform CPR and bleeding control techniques properly.
5. Record and report first aid cases accurately.

## B. EQUIPMENT AND MATERIALS:

	<ul style="list-style-type: none"><li>• First Aid Kit (bandages, gauze, adhesive tape, antiseptic wipes)</li></ul>
	<ul style="list-style-type: none"><li>• CPR mannequin</li></ul>
	<ul style="list-style-type: none"><li>• Disposable Gloves</li></ul>
	<ul style="list-style-type: none"><li>• Splints and triangular bandages</li></ul>
	<ul style="list-style-type: none"><li>• Eye wash bottle or saline solution</li></ul>
	<ul style="list-style-type: none"><li>• Blanket</li><li>• Dummy chemical containers (for simulation)</li><li>• Accident report form / First aid record sheet</li></ul>

## **C. GENERAL INSTRUCTION/SAFETY PRECAUTIONS:**

- Ensure the area is safe before starting any first aid demonstration.
- Wear gloves when handling simulated wounds or fluids.
- Do not perform mouth-to-mouth ventilation during practice (use manikin only).
- Follow instructor's guidance and safety protocols at all times.

## **D. PROCEDURES / INSTRUCTION:**

### **Activity 1: DRABC Assessment**

1. Approach the scene safely and check for danger.
2. Check victim's response (tap shoulders and ask "Are you okay?").
3. Open the airway (tilt head, lift chin).
4. Check for breathing and circulation.
5. Demonstrate calling for emergency help.

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### **Activity 2: Control of Bleeding**

1. Identify a simulated wound on the dummy/partner.
2. Apply **direct pressure** using a clean cloth or sterile dressing.
3. If bleeding continues, add another layer (do not remove the first).
4. Elevate the injured part if safe to do so.
5. Secure with a bandage.

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### **Activity 3: Treatment for Burns**

1. Identify a simulated burn area.
2. Cool the burn using running water for at least **10–20 minutes**.
3. Do not apply creams or break blisters.
4. Cover lightly with a sterile, non-stick dressing.

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#### **Activity 4: CPR Demonstration**

1. Place the mannequin on a firm surface.
2. Perform 30 chest compressions (at a rate of 100–120 per minute).
3. Give 2 rescue breaths using a mask or barrier.
4. Repeat the cycle and observe for breathing recovery.

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#### **Activity 5: Recovery Position**

1. Simulate an unconscious but breathing casualty.
2. Place the casualty in the **recovery position**.
3. Ensure airway remains open and breathing is unobstructed.

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### **E. OBSERVATION AND DATA RECORDING TABLE**

<b>Activity</b>	<b>Procedure Performed</b>	<b>Equipment Used</b>	<b>Observation / Remarks</b>	<b>Instructor's Signature</b>
<b>DRABC</b>				
<b>Assessment</b>				
<b>Bleeding Control</b>				
<b>Burn Treatment</b>				
<b>CPR Demonstration</b>				
<b>Recovery Position</b>				

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**F. DISCUSSION:**

1. Why is it important to follow the DRABC steps in sequence?
2. How can incorrect handling of a burn worsen the injury?
3. What are the key signs that CPR is effective?
4. Why should all first aid activities be recorded in the workplace?
5. How does first aid contribute to overall workplace safety culture?

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**7. CONCLUSION:**

Summarize what you have learned from this activity regarding:

- Proper response to workplace accidents
- Importance of first aid readiness
- Confidence in performing emergency actions