

First Aid Course at the Workplace Module

Lecturer: Mr. Gesmond Micallef

Date: 23rd October 2025



**Undergraduate Diploma in
Occupational Health and Safety**

Emergency Nurse Instructor Gesmond Micallef

Gesmond has over 37 years of experience, working in the Accident & Emergency Department of a major hospital and in pre hospital care. His background to date has been centered around delivering advanced emergency care. He was trained to work in such situations through real world experiences, involving travelling abroad for training, namely Australia, France, England and Scotland. He was also a volunteer emergency nurse in major incidents namely in Libya, Mozambique, Tanzania, Egypt, Albania, Kosovo and Tunisia among other countries. Besides having gained experience by delivering hands on emergency care in various countries, he also has teaching experience on the related subject in Malta and around the globe. Through these hands-on experiences, he further gained many strengths that helped him pass on the knowledge, skills and attitudes, to provide safe and effective care in an emergency situation.

Gesmond is a qualified Charge Nurse and Emergency Nurse Instructor. He is licensed with EFR UK, European Resuscitation Council and the University of Malta and acts as an instructor and mentor for the Primary Health Care. He is also a member in the Resuscitation Committee of the Primary Health Care.



Gesmond Micallef

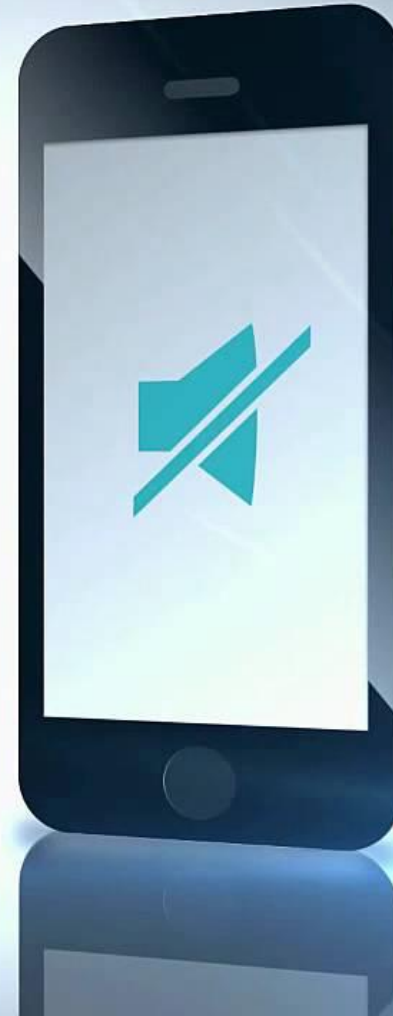
Qualified Emergency Nurse Instructor

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**PLEASE
SILENCE
YOUR PHONE**



What is Cardiac Arrest

- Cessation of normal circulation of blood due to failure of heart to contract effectively
- Sudden cessation of mechanical activity of heart with some or no electrical activity
- May be reversible by a rapid intervention but will lead to death in its absence



Common Causes of Cardiac Arrest

Myocardial Infarction (Heart Attack)

Pulmonary Embolus

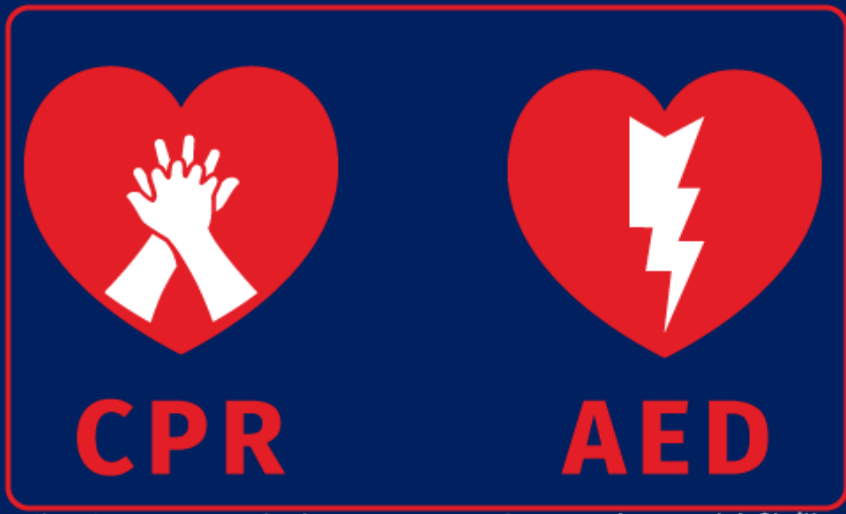
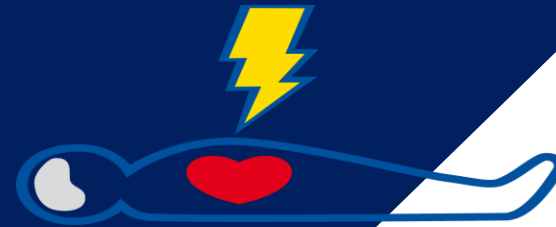
Anaphylaxis (Severe allergic Reaction)

Trauma

Stroke

Severe Loss of Blood

Drowning



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Approach safely

Check Response

Shout for help

Open Airway

Check breathing

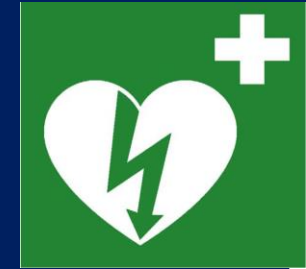
Call 112

30 Chest compressions

2 rescue breaths

Basic Life Support

SAFETY



Make sure you,
the victim and any
bystanders are
safe.



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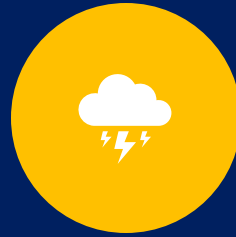
Assess for Danger



FIRE AND
SMOKE



VEHICLES



ELECTRICITY



CHEMICALS



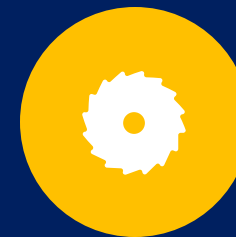
WATER



ANGRY
CROWD

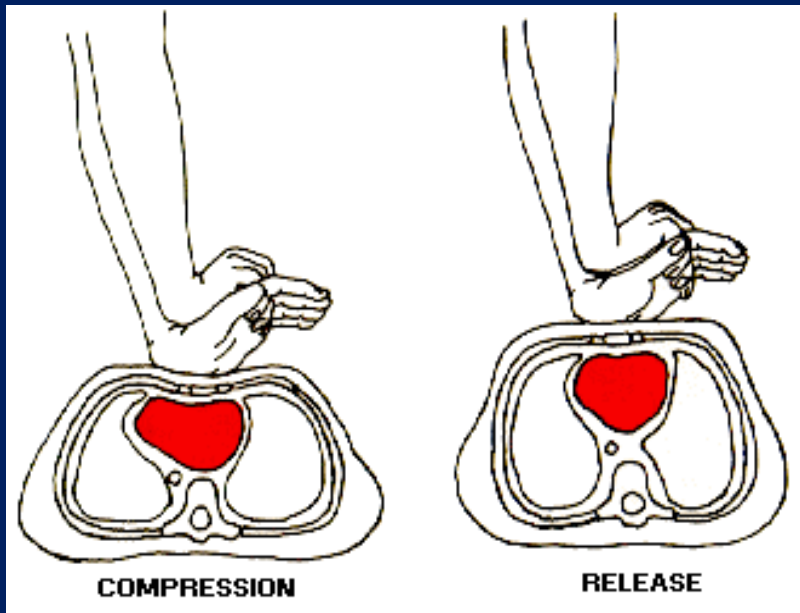
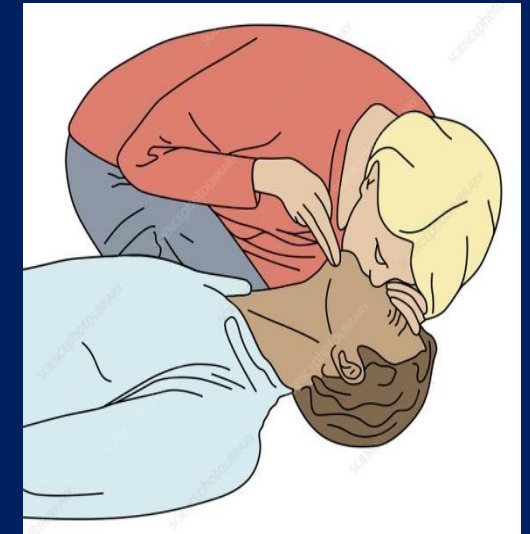


FALLING
OBJECTS



MACHINERY

Cardio Pulmonary Resuscitation & Rescue Breaths

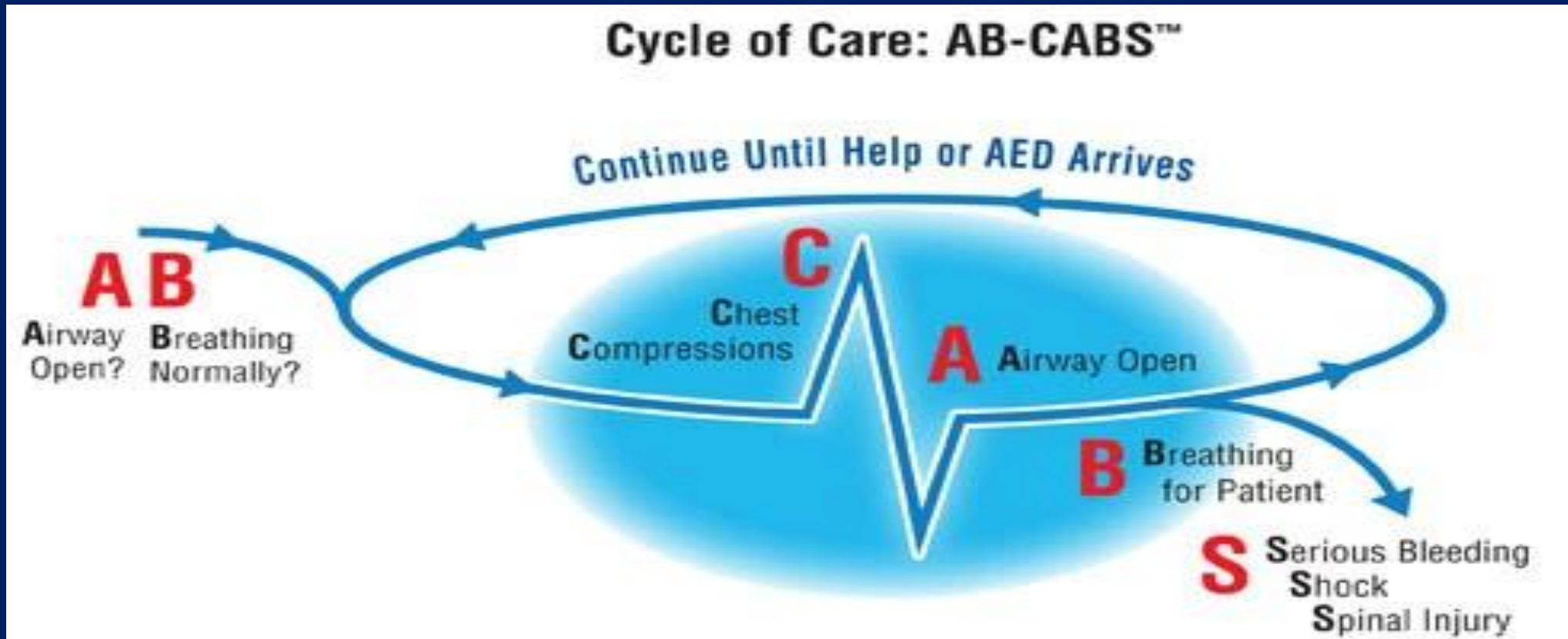


CPR and AED



Primary Care (CPR)

Emergency First Response Primary Care (CPR) teaches you the steps and techniques for handling life-threatening emergencies. You'll learn how to apply the Cycle of Care, so that you provide the patient with every possible chance of survival in the face of the most serious emergencies.



In the emergency first response CPR & AED course, you will learn the necessary emergency care steps in the right order, so you do the right things at the right time. You will learn to apply the emergency care following the same priorities. The skills you will learn apply specifically to CPR (Cardiopulmonary Resuscitation) and AED (Automatic External Defibrillator) use.

STEP 1: ASSESS THE SCENE. ...

STEP 2: Check if the patient is UNRESPONSIVE and Not BREATHING NORMALLY

STEP 3: CALL 112. First, call 112 or ask a bystander to do so. ...

STEP 4: BEGIN CHEST COMPRESSIONS. ...

STEP 5: GIVE RESCUE BREATHS. ...

STEP 6: Attach Automated External Defibrillator (AED).

STEP 7: CONTINUE CPR UNTIL PROFESSIONAL HELP ARRIVES.



Skills Taught in this Course

Scene assessment / Barrier use

Primary assessment / CPR - chest compressions

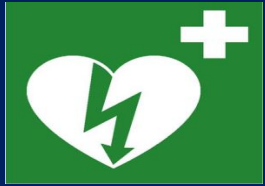
CPR chest compressions combined with rescue breathing

Optional skill – automated external defibrillator use

Conscious / unconscious choking adults and Children



Questions?



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