



# **Emergency First Aid at Work (HSE Approved)**

## **Course Content**

This course aims to provide each delegate with basic knowledge of how to provide first aid treatment within low/medium risk workplaces.

At the end of the course, delegates will have been introduced to the following:

- ❖ The Health and Safety (First Aid) Regulations 1981
- ❖ How to manage an incident
- ❖ The priorities of first aid
- ❖ Treating an unconscious casualty
- ❖ Treating someone requiring resuscitation
- ❖ Treating an electric shock casualty
- ❖ Treating someone who is choking
- ❖ Dealing with seizures
- ❖ Dealing with a casualty who is bleeding
- ❖ Common workplace injuries

## **Course Duration**

One day

## **Who Should Attend?**

Nominated workplace first aiders or anyone who may be required to administer first aid

## **Location**

The course can be delivered to a maximum of twelve delegates at any one time either on the employer's premises or using QTS' training facility in Colwyn Bay

## **Accreditation & Assessment**

Candidates are continually assessed throughout the day by the trainer and a certificate of attendance will be issued to successful candidates at the end of the day

## **Booking Information**

Contact Adrian Townsend on 0845 389 0017