



First Aid at Work (HSE Approved)

Syllabus

Course Aims

This course covers the practical skills needed by a first aider within the modern workplace. The course will give each delegate the confidence and knowledge to deal with first aid emergencies within the workplace.

Who Should Attend?

Nominated workplace first aiders or anyone wanting a comprehensive course which covers the key areas of first aid treatment.

Key Learning Outcomes

At the end of the course, delegates should be able to undertake first aid treatment as follows:

- Accidents and illness - Using a first aid kit
- Simple record keeping
- Treatment of an unconscious casualty
- Heart attack and resuscitation
- Shock
- Choking
- Bleeding, burns and scalds
- Poisoning
- Fractures
- Seizures
- Asthma
- Severe allergic reaction
- Eye injuries
- Low blood sugar and fainting

Supplementary Information

- The course can be delivered to a maximum of twelve delegates at any one time on the employer's work premises.
- After completing a final assessment successful candidates receive an HSE approved certificate which is valid for three years. This course is legally compliant with the current Health and Safety (first aid) Regulations 1981.
- Upon successful completion of this three day course, first aiders receive certification to allow them to practise for three years after which a re-qualification course becomes necessary. It is strongly recommended that each delegate updates their skills by undertaking an annual refresher course.

Booking Information

Contact Adrian Townsend on 0845 389 0017.