



Basic First Aid at Work

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 (inc. use of dummies, etc.)
- ❖ 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

Three Hours

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 at the employer's premises.

Accreditation & Assessment

Candidates are continually assessed throughout the session by the trainer and a certificate of attendance will be issued to successful candidates after the course date.

Booking Information

Contact Adrian Townsend on 0845 389 0017