



First Aid Training

Introduction

The course aims to train employees up to the Health and Safety Executive approved standard for the purpose of the Health and Safety (First Aid) Regulations 1981.

What does the course include?

- Provide emergency first aid at work safely, promptly and effectively
- Understand the role of the first aider including reference to:
- The importance of preventing cross infection;
- The need for recording incidents and actions;
- Use of available equipment;
- Recognise the presence of major illness and provide first aid including cardio pulmonary resuscitation, heart attack, stroke, epilepsy, asthma and diabetes

Administer first aid to a casualty with:

- Injuries to bones, muscles & joints, including suspected spinal injuries
- Chest injuries, burns & scalds, eye injuries, sudden poisoning, anaphylactic shock

Administer first aid to a casualty who is:

- Unconscious (including seizure) choking, wounded and bleeding, suffering from shock
- Provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns & scalds, small splinters).

How long is the course?

3 Days

Why do I need it?

The course is intended for people who are required to act as the 'Designated First Aider' at a place of employment.

What Qualification do I get?

On completion of the course, delegates will be assessed in practical and theoretical aspects of first aid to the HSE approved standard. Successful completion of the assessment will result in the award of a First Aid at Work certificate. This will be valid for a period of three years and should be renewed by attendance on a two day Requalification course before the expiry date of the certificate. Attendance on a 3day First Aid at Work course will be necessary if validity has lapsed.

What can I do next?

Advanced First Aid

Where can I train?

The training can be delivered on your site if it meets the course requirements or at one of our three training centres situated throughout the UK.