

Emergency First Aid at Work

Number of Delegates: 1 - 12
Course Duration: 1 Day
Course Outcome: Certificate

Introduction

This course is suitable for anyone (18 years and over) wanting to become an accredited first aider. The course syllabus follows HSE guidelines and therefore by selecting this course you can be assured that delegates will gain an increased confidence and ability to administer Emergency First Aid.

Aims & Objectives

This course aims to provide delegates with the ability to undertake basic life support and emergency procedures in the event of an accident or injury to a work colleague until trained help arrives.

Course Delivery

This course involves a high proportion of hands-on practical training, supplemented with classroom-based tutorials. This approach ensures that delegates feel confident and able to use the skills learnt in a real life situation.

Location

Courses are available at over 200 training centres nationwide. This course can also be delivered on your premises subject to minimum delegate numbers and suitability of the venue. Please contact us for information.

Certification

This is an HSE approved and certified course. Successful delegates gain an Emergency First Aid at Work certificate that is valid for 3 years.

Delegate Eligibility/ Entry Requirements

The delegate must be physically fit and able to perform the relevant actions and techniques included in the course syllabus.

It is important that delegates have a good understanding of written and spoken English.

Additional Information

Please note, if you have staff with asthma, allergies, diabetes or a heart condition and these are noted in your risk assessment, the HSE recommend that you consider attending the three-day First Aid at Work course, as all of these conditions are not covered in the Appointed Persons or Emergency First Aid at Work course.



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COURSE PROGRAMME

The Emergency First Aid at Work course covers the following:

- The role of the first aider
- Contents of first aid kits (including avoiding cross infection)
- Communicating with a casualty
- Recording of incidents and accidents
- Assessing the situation in order to act safely and effectively in an emergency
- Administer first aid to a casualty who:
 - is unconscious (including seizures)
 - requires cardio pulmonary resuscitation (CPR)
 - is choking
 - is wounded or bleeding
 - is in shock
 - has minor conditions such as minor cuts, grazes and bruises, burns, scalds and small splinters.

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