

### First Aid at Work

Number of Delegates:	1 - 12
Course Duration:	3 Days
Course Outcome:	Certificate

#### Introduction

Introduction Suitable for candidates 18 years and over, this course is designed for anyone wanting to become an accredited first aider or appointed person. Particularly appropriate to companies where HSE guidelines recommend a trained first aider qualified in first aid at work, is present at work locations.

#### Aims & Objectives of the Course

To provide delegates with the necessary knowledge of the responsibilities of being a first aider. Delegates will have a base knowledge of how to correctly react and treat the various first aid situations that may occur in their place of work.

#### Qualification/Certification

HSE Approved FAW Certificates that is valid for 3 years.

#### Location

On your premises or at one of the 200 locations available throughout the UK.

For training held at your own location please ensure you make available a suitable room, which can comfortably accommodate and seat the number of delegates attending. We will also require a 240v power supply.

This is a HSE approved and certified course.

#### Course Delivery

This 3-day course has large elements of hands-on practical training. This approach ensures the course delegates feel confident and that they will be able to use the skills learnt in a real-life situation.

#### Candidate 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 all candidates have a good understanding of spoken and written English.



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### COURSE PROGRAMME

#### The First Aid course covers the following:

- The role of the first aider
- Contents of first aid kits (including avoiding cross infection)
- Recording of incidents and accidents
- Assessing the situation 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 including minor cuts, grazes, bruises, burns, scalds and small splinters.
  - has injuries to bones, muscles and/or joints including suspected spinal injury.
  - has sudden poisoning
  - has burns and scalds
  - has eye injuries
  - goes into anaphylactic shock (including use of auto-injectors (EpiPen))
- Recognising the presence of major illness (including heart attack, stroke, epilepsy, asthma and diabetes) and providing appropriate first aid (including the use of aspirin).

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