

Programme Overview

First Aid at Work

People Development Pathway

Overview

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

Who Should Attend?

Nominated workplace first aiders, or anyone wanting a comprehensive introduction to first aid.

Course Content:

- Accidents and illness
- Using a first aid kit
- Simple record keeping
- Treatment of an unconscious casualty
- Heart Attacks
- Resuscitation
- Shock
- Choking
- Bleeding
- Burns and scalds
- Poisoning
- Fractures
- Seizures
- Asthma
- Severe allergic reaction
- Eye injuries
- Low blood sugar
- Fainting

Assessment and certification

After completing a final assessment, successful candidates receive an HSE approved certificate 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 you update your skills by taking an annual refresher.