

First Aid at Work

Overview:

The First Aid at Work course is approved by the Health and Safety Executive (HSE) in accordance with the Health and Safety (First Aid) Regulations (1981).

Objectives:

Holders of this First Aid at Work certificate will be qualified as a First Aider therefore can be used in the workplace in accordance with the Health and Safety at Work Act 1974.

Who should attend:

Individuals who will have responsibility for first aid within their workplace.

Duration:

The First Aid at Work course is run over four days and includes both theory and practical sessions. By arrangement the course can be run on non-consecutive days, for example – one day a week over four weeks. It can be taught on site for companies with 10 or more participants.

Outline:

- First Aid Priorities
- Managing Incidents
- Basic Life Support
- Examination of a Casualty
- Unconsciousness
- Control of Bleeding
- Fractures
- Burns and Scalds
- Common Illnesses
- Heart Attacks
- Eye Injuries
- Dressings
- Recording and Reporting
- Regulations
- First Aid Kits

Individuals are independently examined on the final afternoon of the course. Upon successful completion certification is valid for three years.

Key Contact:

For further information or to arrange an appointment, contact:

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How to Book:

Contact Tracey Reid, Commercial Development Officer,
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