



First Aid at Work

Aims

The **3-day First aid at work course** is suitable for people aged 16+ who might need to provide first aid by responding to a wide range of accidents, injuries and illnesses that they could encounter in their workplace.

Who Attends

It is ideal for organisations whose 'First Aids Needs Assessment' has identified a requirement for additional first aid training, such as having employees with a disability or a medical condition.

Course Content

Learners will develop the first aid skills and confidence to help someone who:

- is unresponsive and breathing
- is unresponsive and not breathing, including how to use an automated external defibrillator (AED)
- is choking
- is bleeding
- is suffering from shock
- has burns
- feels faint
- has been poisoned
- has a head injury
- has hypothermia or heat exhaustion
- has an injury to a bone, muscle or joint (including spinal injuries).

Learners will also be able to help a casualty who is having a:

- seizure
- heart attack, including the administration of aspirin
- angina attack
- stroke
- asthma attack
- severe allergic reaction
- diabetic emergency.

The course also includes information on:

- assessing a casualty
- monitoring a casualty
- where to get help
- electrical incidents
- accident recording and reporting
- the control of substances hazardous to health (COSHH).

Course Duration

This is a 3 day course.

Maximum Candidates

Delivered in a classroom setting, this course offers a practical, hands-on approach that delivers the skills and confidence to use first aid skills in a real life situation. For added reassurance, each learner is assessed throughout the course using a range of practical demonstrations, question and answer sessions, quizzes and engaging activities, such as roleplay, designed to coach and support them.

To ensure you get the most effective learning experience, learners must be physically able to participate and we limit group size to 12 people.

Each learner receives a training pack including a host of resources to help them practice the skills covered. The pack includes a course companion workbook, first aid manual, bandages and more. Our courses meet and exceed the HSE's criteria for what is expected of training providers.

Qualification Obtained

On successful completion of this course, you will receive a **First aid at work** certificate which is valid for three years. This course meets the requirements specified by the Health and Safety (First Aid) Regulations 1981.

Additional Information

PLEASE NOTE all online bookings are **provisional** until confirmed with you by our training team.