



Emergency First Aid at Work

Aims

This **1-day Emergency first aid at work (EFAW) course** is suitable for people aged 16+ who might need to provide first aid to someone who is injured or becomes ill while at work. It gives learners the skills and confidence to respond to a range of accidents and first aid emergencies they could encounter in the workplace.

Who Attends

It is ideal for organisations whose ‘First Aid Needs Assessment’ has identified a requirement for someone to hold a current emergency first aid at work qualification. If your needs assessment identifies a requirement for additional first aid training (e.g. due to having employees with a medical condition), we recommend the [3 day First aid at work course](#) which teaches the skills to recognise and treat a wider range of injuries and medical conditions.

Course Content

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

- unresponsive and not breathing, including how to use of an automated external defibrillator (AED)
- unresponsive and breathing
- having a seizure
- choking
- bleeding heavily
- suffering from shock
- burnt

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 1 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, bandages and more.

Qualification Obtained

On successful completion of this course, you will receive an **Emergency 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.