



# First Aid at Work Course Information Sheet

## Description

It is a requirement of Health and Safety law that employers should provide a safe and healthy environment for their employees. If the assessment of First Aid needs highlights the need for qualified First Aiders, then this course will provide you with suitable, highly trained personnel.

This comprehensive three-day course covers a wide range of First Aid emergencies enabling all participants to deal with an emergency situation with confidence in a prompt, safe and effective way.

This course will give the participants a qualification to the highest level of First Aid, meeting the statutory requirements of the Health and Safety (First Aid) Regulations 1981.

## Duration

- A minimum of 18 hours of practical and theoretical activities spread over 3 days. There is though flexibility to accommodate specific group requirements.

## Syllabus

A range of subjects are covered including:

- |  |                               |
|--|-------------------------------|
| • Legalities, responsibilities and reporting | Assessment of the situation   |
| • Dealing with an unresponsive casualty      | Resuscitation                 |
| • Shock (including Anaphylaxis)              | Heart Attacks                 |
| • Head injuries                              | Asthma                        |
| • Choking                                    | Epilepsy                      |
| • Diabetes                                   | Poisoning                     |
| • Burns                                      | Eye Injuries                  |
| • Bandaging                                  | Chest injuries                |
| • Sprain, Strains                            | Fractures and spinal injuries |

## Pre-requisites

- Candidates must be at least 16 years of age.

## Assessment and Certification

- Subject to successful completion of written and practical assessment, all participants will be issued with a First Aid at Work certificate (and wallet card) approved by the Health and Safety Executive.
- The certificate is valid for 3 years. It can be renewed by attending a suitable 2-day renewal course.
- It is strongly recommended that all students undergo an annual refresher programme of 3 hours to maintain skills and knowledge

For further information and course details contact:

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