

# **First Aid at Work**

**Duration: 3 days (18 hours)**

This course is approved by the Health and Safety Executive (HSE), and complies with Health and Safety (First Aid) Regulations 1981 and 2009. Once completed, the successful candidate will be qualified to practice as a first aider in the workplace. This course is required for medium to large businesses or those that are involved in higher risk activities.

This is a comprehensive first aid course with a nationally recognised qualification.

There is a formal practical assessment on day three and continued assessment throughout the course.

A certificate is awarded on successful completion of the course. The certificate is valid for three years, although the HSE 'strongly recommend' that qualified first aiders attend annual refreshers.

## **Who should attend this course?**

A person that has been nominated as a workplace first aider  
Anyone that wants to become a comprehensive first aider

## **Course Objectives**

Participants will complete the course with the knowledge, confidence and understanding to deal with any first aid emergency.

## **Course Outline**

- What is first aid?
- Unconscious casualty
- Choking
- Control of bleeding
- Burns and scalds
- Accident book
- Incident management
- Resuscitation
- Recovery position
- Common medical conditions
- Fractures
- First aid kit