

# First Aid at Work (HSE approved course)

This comprehensive 3 day course covers both the theory and the practical skills required by a first aider in the modern workplace. The course will give you the confidence and knowledge to deal with a first aid emergency.

This course is legally compliant with the current Health and Safety (first aid) Regulations 1981. Upon successful completion of this three day course, first aiders receive certification to allow them to practice for three years after which a re-qualification course becomes necessary.

It is strongly recommended that you update your skills with the First Aid at Work 1 day annual refresher.

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## Course content

- First Aid priorities
- Managing Incidents
  - Basic Life Support
  - Examination and treatment of a casualty
- Caring for the unconscious casualty
- Recognition, management and treatment of: Heart attacks, Bleeding, Burns and scalds, Poisoning, Fractures, Seizures, Shock, Choking, Asthma, Allergic reaction, Eye injuries, Low blood sugar, Fainting
- Disorders of the airway
- Common illnesses
- Dressings
- Recording and reporting
- First Aid Kits
- Practical session
- Individual Assessment
- Role and responsibility

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## Aims/Outcomes

- Demonstrate an understanding of the principles and underpinning knowledge required to undertake correct emergency First Aid in the work place
- To safely apply knowledge and skills in practice
- Qualification - First Aid at Work Certificate valid for 3 years

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## This course will be attended by

- Nominated workplace first aiders, or anyone wanting a comprehensive introduction to first aid

On successful completion of this 3 day course candidates will receive a Health & Safety Executive (HSE) First Aid at Work certificate valid for three years