

First Aid at Work

3 day course

Who is the course for?

Those who wish to become a First Aider in the workplace. Suitable for higher risk workplaces - such as workshops, factories or construction sites, or lower risk environments where there are a high number of people working or the public present.

When choosing candidates for this course, they must be happy to undertake the role and be a responsible, reliable person.

We advise that you ask for volunteers from within your organisation to take on this role.

What's in the course?

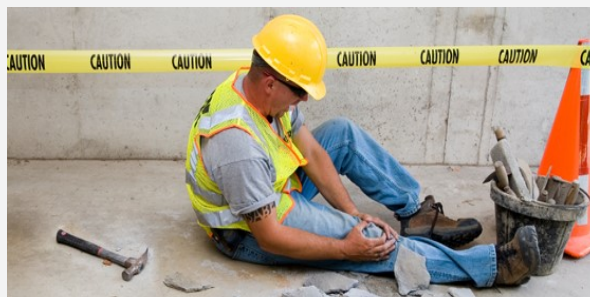
Everything you need to know to become a qualified First Aider. We will look at a wide range of emergency first aid situations, enabling the candidate to assess and deal with an emergency promptly, confidently and safely.

This is an intense, but enjoyable hands-on course

Good management...

Good safety management is all about preventing things from going wrong, but we also must be able to deal with the situation if they do.

First Aiders can help enormously if an accident occurs or someone is taken ill - taking charge and stepping in before medical help arrives.



Assessment

Delegates will be assessed for their abilities to correctly assess situations and deal with them. There will be written tests also to ensure that essential information can be recalled accurately.



Course Duration

3 days

Refreshers

You will need to renew your training after 3 years

To take home...

There will be a first aid handbook and mini first aid kit for each delegate to take home



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Course Programme Guide



Day 1: Morning Introduction and administration Legislation and responsibilities of the first aider Action in the event of an emergency Primary survey Secondary assessment The respiratory system	Day 1: Afternoon Resuscitation Disorders of respiration and circulation Wounds and bleeding Epilepsy Burns and scalds Foreign objects Unit closure
Day 2: Morning Recap on primary survey and secondary assessment Bones, joint and muscle injuries	Day 2: Afternoon Head and spinal injuries Chest and abdominal injuries Unit closure
Day 3: Morning Specialised burn injuries Eye injuries Poisoning	Day 3: Afternoon Anaphylaxis Major illnesses Effects of extreme heat or cold Unit closure