

# Emergency First Aid



## Who should attend?

- Those who wish to become an Emergency First Aider. Suitable for lower risk environments such as offices and shops, and for areas where there is also a full First Aider 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.



## Course content

- The course covers a wide range of emergency situations and how to handle them confidently, promptly and in a safe manner. A rewarding, interactive and engaging course.
- **For a full course programme – please see the next page**
- 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.
- Each delegate will be issued with a mini first aid kit to take away with them



## Assessing learning outcomes

- 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

- 1 day



## Refresher training

- Certification should be renewed after 3 years



## Please bring

- Just yourself, we will provide everything you need on the day



## Publication(s)

- Delegates will be issued with a First Aid handbook



Visit [www.hcssafety.co.uk](http://www.hcssafety.co.uk) for dates and prices



# Emergency First Aid



## Course programme guide

### Session 1

- What is emergency first aid?
- Legislation and responsibilities
- Action in an emergency

### Session 2

- Primary survey
- Secondary assessment
- The respiratory system

### Session 3

- Adult basic life support
- Resuscitation
- Disorders of respiration

### Session 4

- Wounds and bleeding
- Foreign objects
- Disorders of the circulation
- Minor burns and scalds
- Epilepsy
- Assessments and tests



Visit [www.hcssafety.co.uk](http://www.hcssafety.co.uk) for dates and prices