

First Aid at Work



Who should attend?

- 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.



Course content

- 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.
- **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

- 3 days



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 for dates and prices



First Aid at Work



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



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