

Emergency First Aid at Work



Who should attend?

- The Emergency First Aid at Work (EFAW) qualification enables a first aider to give emergency first aid to anyone who is injured or becomes ill while at work
- The RLSS UK Course is suitable for all sectors and preferred by those within the leisure industry.
- When choosing candidates for this course, they must be happy to undertake the role and be a responsible, reliable person.



Course content

The course comprises practical work and theoretical classroom work and covers a range of subjects, including:

- Understanding the role and responsibilities of a first aider.
- How to manage an unresponsive casualty who **is** breathing normally.
- How to manage an unresponsive casualty who **is not** breathing normally.
- How to manage a casualty who is in shock.
- How to assess an incident.
- How to recognise and assist a casualty who is choking.
- How to manage a casualty with a minor injury.
- How to manage a casualty with external bleeding.



Assessing learning outcomes

- The course comprises practical work and theoretical classroom work, as well as a practical assessment on CPR and first aid. All assessment criteria in the units must be achieved, to pass the course.



Course duration

- 1 Day (6 Hours).



Refresher training

- Certification should be renewed after 3 years.



Please bring

- Just yourself, everything will be provided.



Publication(s)

- Delegates will be issued with a First Aid handbook.



Visit www.hcssafety.co.uk for dates and prices



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Course programme guide

Day 1 - Morning

- Roles and responsibilities of a first aider
- Assessing an incident
- Management of an unresponsive casualty who is breathing normally
- Management of an unresponsive casualty who is not breathing normally

Day 1 - Afternoon

- Management of a casualty with external bleeding
- Management of a casualty with a minor injury
- Management of a casualty who is in shock
- Assessment



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