

Course Title:

- Emergency First Aid at Work (1 Day)

Course Objective:

- The Emergency First Aid at Work Training course (formerly Appointed Persons) is suitable for people who have been nominated as appointed persons within the workplace. This course covers the essential topics to be able to make a difference should an emergency occur. This course is run within the guidance set out in the Health & Safety (First Aid) Regulations 1981

Course Outcomes: Including the following topics:

- How to deal with an emergency
- Awareness of: CPR, wounds & bleeding, unconsciousness, contents of a first aid kit
- Recognise the cause of a blocked airway and administer the appropriate treatment
- Approach and assess any accident or incident

Target Audience:

- This course is aimed at those acting as the appointed person in the workplace who wishes to learn basic first aid. Successful candidates will now be regarded as first aiders

Pre-requisites:

- None; but must be physically able to carry out the detailed procedures (see course content)

Course Accreditation:

- (HSE) Approved Centre Number 63/03 Emergency First Aid at Work Certificate valid for 3 years from course date. HSE strongly recommends a 3 hour annual update to maintain this certification and prevent skills fade.

Course Summary:

- Covering the main areas of first aid, the course gives candidates the knowledge to treat the majority of incidents in a low risk working environment, including: CPR, blood loss, burns & scalds, and the recovery position