

Course Title:

- First Aid at Work (3 Day)

Course Objective:

- The Health and Safety Executive (HSE) Approved 3-Day First Aid at Work Training Course (formerly 4 Day First Aid at Work) provides training for qualification as a First Aider within the workplace under the guidance of the Health & Safety (First Aid) Regulations 1981

Course Outcomes: Including the following topics:

- Confidently approach an incident
- Have awareness of: dealing with an emergency, airway management, CPR, unconsciousness
- Have awareness of: dealing with minor and major bleeding
- Have awareness of: recognising and treating strokes
- Have awareness of: recognising and treating epileptic emergencies
- Have awareness of: understanding Heart Attacks and acute heart conditions
- Have awareness of: identifying possible fractures and the practical treatment of
- Have an understanding of relative HSE guidance

Target Audience:

- This course is aimed at nominated First Aiders within the workplace, and individuals wanting peace of mind at home.

Pre-requisites:

- Candidates must attend all 3 sessions to be eligible for assessment and subsequent course accreditation

Course Accreditation:

- (HSE) Approved Centre Number 63/03 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:

- Participants gain a thorough knowledge of first aid techniques ranging from CPR to dealing with blood loss and shock. It enables them to deal with any incident within their workplace