

Emergency First Aid at Work Course

Below is a subject list of what is covered on our 1-day Emergency First Aid at Work Course. Should you wish to cover any other topics not included below, please contact us and we can offer a bespoke service.

Course Duration: 5-7 hrs **Certification:** Emergency First Aid at Work Certificate

Introduction to First Aid

- Responsibilities of First aiders
- Approach and assessing any accident or incident
- Considerations for safety
- Phoning for help
- Acts & regulations relating to first aid and the H.S.E.

Airway Management

- Priorities of first aid
- Opening an airway
- Causes of blocked airway and treatment

Breathing & Circulation

- Full C.P.R.—including recent updates
- Introduction to the Resuscitation Council UK
- Mechanisms of breathing
- Providing Rescue Breaths
- Complications with providing rescue breaths.
- Considerations for prevention of cross-infection.
- Complications with providing chest compressions.

Unconsciousness

These topics will be covered in a more brief nature than the 3 day course:

- Causes of unconsciousness
- Treatment for unconsciousness
- Recognising and treating strokes
- Recognise and treat concussion
- Levels of consciousness
- Performing a top-to toe survey

First Aid Kits

- Recognising first aid kits
- Understanding relative HSE guidance
- Contents of a first aid kit
- Completing first aid reports
- Obtaining first aid supplies

Wounds & Bleeding

These topics will be covered in a more brief nature than the 3 day course:

- Dealing with minor and major bleeding
- Recognising types of wounds
- Wounds with foreign bodies
- Consideration for cross infection
- Identifying internal bleeding
- Treatment for external and internal bleeding.