

3 Day HSE First Aid at Work



This course is for nominated first aiders or somebody requiring a comprehensive introduction to first aid.

Courses can be delivered at your workplace

Day 1.

- Introductions
- Legalities, responsibilities & reporting
- Dealing with an unconscious/unresponsive casualty
- Assessment of situation
- Resuscitation – CPR Adult
- Choking
- Asthma

Day 2.

- Shock Management (including Anaphylaxis)
- Control of bleeding
- Bandaging
- Burns
- Epilepsy
- Diabetes

Day 3.

- Burns
- Poisoning
- Re-cap of practical & Theory
- Examination & Assessments

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Total Course Time: 3 days (9:30 – 16:30/day exc lunchbreaks)

Qualification: All successful candidates will receive a recognised first aid certificate meeting the full requirements of the Health & Safety Act (First Aid) Regulations 1981. Valid for 3 Years.

Costs:

£150per person OR

£1100 for a group of 12 (max 12 delegates)

Requirements: If training on location, one room is required (approx 6x10m for 12 delegates) with power supply and desk for overhead projector. Also required are two smaller rooms for the examinations on Day 3. Two external assessors will be present on Day 3 for the exams