

EMERGENCY FIRST AID AT WORK

First aid is the crucial initial care provided for illness or injury within the workplace until medical treatment can be given. For that reason you must ensure that you keep up to date with the appropriate training before you can administer first aid. Our First Aid at Work Requalification course is ideal; as once requalification training has been received it means that you can continue to make a real difference to your workplace and the safety of your colleagues.

Who is it for?

Our two day training and assessment First Aid at Work Requalification course is available to anyone with a valid and current first aid at work certificate. Our First Aid at Work Requalification course ensures that you are up to date on the key techniques in order to administer simple but sometimes life-saving techniques. Once the course has been completed you will receive a certificate of training in First Aid at Work.

First aid certificates are only valid for three years, and that re-testing must be done within 28 days of expiry. If your certificate expires, it will be necessary for you to carry out a full three day first aid at work course.

What will you get from it?

- Assess situations and carry out appropriate action including informing emergency services.
- Carry out cardio pulmonary resuscitation (CPR).
- Place a casualty in the recovery position and know when to use this position.
- Know when and how to use the spinal injury recovery position.
- Clear obstructed airways.
- Control severe bleeding.
- Recognise and treat shock.
- Understand the requirements for a first aid kit and know any changes in first aid at work legislation or guidance.
- Recognise and treat head injuries.
- Recognise and treat major illnesses.
- Deal with burns and scalds.
- Deal with chemical contamination.
- Deal with poisons.
- Treat fractures.
- Be aware of changes in first aid techniques since their last course.
- All of the above in a safe approved manner, with no risk to self or third party.

Course sessions:

- Resuscitation
- Unconsciousness
- Airway and breathing
- Circulation problems

- Wounds and bleeding
- Burns and scalds
- Injuries to bones, muscles and joints

Information:

- Duration: 1 day
- No. of learners: 12
- Certification: HSE