

FIRST AID AT WORK

First aid is the crucial initial care provided for illness or injury within the workplace until actual medical treatment can be given, if it is necessary. For that reason you must have the appropriate training before you can administer first aid. Our First Aid at Work course is ideal; as once training has been received it means that you will be able to make a real difference to your workplace and the safety of your colleagues.

Who is it for?

Our three day integrated training and assessment course in First Aid at Work is available to you if you work in any capacity within industry, and have not attended a recognised first aid course.

Our First Aid at Work course ensures that you learn the key techniques in order to administer simple but sometimes life-saving techniques. Once the three day course has been completed you will receive a certificate of training in First Aid at Work.

First aid at work certificates are valid for three years, and requalification must be carried out 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.
- Recognise and treat sprains, dislocations and fractures.
- Know when and how to move casualties safely.
- Recognise and treat other miscellaneous conditions.
- All of the above in a safe approved manner, with no risk to self or third party.

Course sessions:

- Resuscitation
- Unconsciousness
- Airway and breathing problems

- Circulation problems
- Wounds and bleeding
- Burns and scalds
- Injuries to bones, muscles and joints
- Other serious conditions

Information

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