

EMERGENCY 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 Emergency 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 one day integrated training and assessment course in Emergency First Aid at Work is available to you if you work in any industry, and you need to ensure that you have the relevant training to carry out first aid. Our Emergency First Aid at Work course ensures that you learn the key techniques in order to administer simple but sometimes life-saving techniques. Once the one day course has been completed you will receive a certificate of training in Emergency First Aid at Work.

What will you get from it?

- Understand the role of the first aider, including reference to:
 - the importance of preventing cross infection
 - the need for recording incidents and actions
 - the use of available equipment.
- Assess the situation in order to act safely, promptly and effectively in an emergency.
- Administer cardio-pulmonary resuscitation (CPR).
- Administer first aid to a casualty who is unconscious (including seizures).
- Administer first aid to a casualty who is choking.
- Administer first aid to a casualty who is wounded or bleeding.
- Administer first aid to a casualty who is suffering from shock.
- Provide treatment for minor injuries including small cuts, grazes, bruises, minor burns, scalds and small splinters.

Course sessions:

- Resuscitation
- Unconsciousness
- Airway and breathing problems
- Circulation problems
- Wounds and bleeding
- Burns and scalds
- Injuries to bones, muscles and joints

Information

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