

Emergency First Aid

HSE recommended course over one day to qualify as an Appointed Person able to take charge in an emergency when someone is injured or falls ill at work

Suitable For

Particularly suitable for low/medium risk organisations or to complement your existing provision of First Aiders. The course can be tailored to meet the needs of your environment.

Course Outline

Training is fast paced and varied with much group learning and role-play, and covers recognition and treatment of injury or illness in an emergency situation. Typical programme :

Morning

- First aid incident priorities/casualty care
- The unconscious casualty, recovery position
- Basic life support (rescue breathing and CPR)
- Airway / breathing disorders, asthma, choking etc
- Circulation system, shock, heart conditions etc



Afternoon

- Personal hygiene, infection control
- Bandaging practical
- Illness, epilepsy, diabetes etc
- Head injury, fractures, burns, eye injuries
- First aid kits, legal responsibilities
- Open Frame Q&A

Assessment

Ongoing throughout the day. An Appointed Person Certificate valid for 3 years from Southern First Aid (HSE approved) will be awarded to everyone who achieves the required standard.

Further Training

Additional courses we can provide include first aid at work (4 days), paediatric first aid, CPR and defibrillator training.

Venue and Timings

Delivered at your venue - ideally free from interruptions and noise and suitable for activities on the floor. The course usually runs for 5 hours from 9.30 – 3.30 but we can split the day and adjust the timings to suit your schedule (HSE recommend a minimum of 4 hours training time).

Group Price

6-8 Delegates £280 9-12 Delegates £360

Includes training, personal manual, equipment and certification for the course.