

First Aid at Work

A comprehensive HSE approved course over four days / 24 hours to qualify as a First Aider in the workplace.

Suitable For

Ideal for organisations with large numbers and/or medium/high risk establishments. The skills taught give delegates the confidence to manage many emergency situations

Programme

The course is very hands on with much group learning and role-play, and covers basic theory and recognition and treatment of injuries / illnesses. Interactive training tailors the course to your specific work environment.



DAY 1

FIRST AID/INCIDENT MANAGEMENT/CASUALTY CARE
PERSONAL HYGIENE, INFECTION CONTROL
THE UNCONSCIOUS CASUALTY, RECOVERY POSITION
AIRWAY AND BREATHING DISORDERS, ASTHMA
BASIC LIFE SUPPORT (ADULT CPR)

DAY 2

CIRCULATION SYSTEM, SHOCK, HEART CONDITIONS
DRESSINGS AND BANDAGES AND SLINGS
BABY & CHILD CPR AND CHOKING (AS NEEDED)
CAUSES OF UNCONSCIOUSNESS, DIABETES, EPILEPSY
WOUNDS AND BLEEDING

DAY 3

BANDAGING WORKSHOP, EMBEDDED OBJECTS
HEAT / COLD, BURNS, EYE INJURIES, POISONING
FRACTURES, SPRAINS, SPINAL INJURY MANAGEMENT
RECOGNISING MAJOR AND MINOR ILLNESSES
INCIDENT SCENARIOS, MULTIPLE CASUALTIES

DAY 4

FIRST AID AT WORK/SICK ROOM/CASUALTY MOVING
DELEGATES Q&A
RECAP AND CPR PRACTICE
MULTI CHOICE PAPER
PRACTICAL ASSESSMENTS

Assessment

Multi-choice paper and two practical assessments with external examiners. A HSE approved First Aid at Work Certificate valid for 3 years (from Southern First Aid) will be awarded to everyone who passes.

Further Training

A refresher course should be completed before your certificate runs out and lasts 12 hours (2 days) – we can send you a reminder! Additional courses we can provide include paediatric first aid, emergency 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 is usually run intensively over 4 days (9.30 – 4.30) or 6 days (4 hour blocks) to meet HSE requirements of 24 hours training time. We can split the days and adjust the timings to suit your schedule / rotas.

Group Price

Group price includes training, personal manual, equipment and course certification (you provide the venue and refreshments).

6-8 Delegates £1100

9-12 Delegates £1400

Call to discuss the most suitable dates and complete the booking form and send it to us to confirm your booking. Ideally, we need to notify the Health and Safety Executive the course will run a minimum of 4 weeks prior to the start. We will send the certificates and invoice you following the course.