



**Duration: 3 Days**

**Course Code: SSH05**

## Course Description:

This comprehensive First Aid at Work course aims to equip delegates with the essential knowledge and practical experience to enable them to carry out first aid in the workplace. Delegates will learn vital skills by participating in unique practical exercises and scenarios.

We present in a way that makes factual information simple to remember and we focus on making sure your participants not only have the knowledge, but also more importantly display the confidence and skills to undertake First Aid in the work place. This course complies with Health and Safety (First Aid) Regulations 1981.

## Who Should Attend The Three Day First Aid Training?

- The course is suitable for those staff who must obtain a First Aid At Work certificate and become designated First Aiders in their workplace.

## Benefits From Attending The Training:

- Be able to act safely, promptly and effectively during emergencies at work
- Feel confident in administering First Aid in an emergency situation
- Use First Aid equipment
- Understand employer duties and legislation
- Maintain first aid records

## Course Contents:

- Role and responsibility of a first aider
- Assessing an incident
- Dealing with an unresponsive casualty
- Recognise and assist with choking
- Control of external bleeding
- Manage a minor injury – administer first aid to small cuts, grazes, bruises, minor burns and scalds
- Practising Cardiopulmonary Resuscitation (CPR)
- Understanding the principals of an Automated External Defibrillation (AED)
- Action to take in an emergency
- Treating an unconscious casualty
- Injuries to bones and muscles
- Burns and scalds
- Poisoning
- Managing the stabilising of casualties
- Dealing and treating an unconscious casualty or a casualty is bleeding or wounded
- Prioritising casualties in a situation
- Deal with injuries to bones and muscles
- Dealing with a variety of burns and scalds
- Anticipating and dealing with shock in differing situations
- Considering the ways poisons can taken into the body and how to deal with them
- Dealing with choking
- Recognising both minor and major illnesses
- Practice using an Automated External Defibrillation (AED)
- Stabilising and managing the transport of casualties

## Assessment:

The course is assessed via a practical and written test. If successful, the delegate will receive a First Aid at Work certificate, which is valid for three years.

**\*BESPOKE COURSE | Course Duration, Level & Duration: Depends On Content & Individuals**