



HEALTH & SAFETY EMERGENCY FIRST AID AT WORK (EFAW) - 1 DAY

DESIGNED TO: Provide the minimum accepted first aid training recognised by the Health & Safety Executive (HSE) & OFSTED. Persons training in Emergency First Aid At Work will be able to perform basic lifesaving skills and first aid, in the absence of the fully qualified First Aider in the workplace.

OBJECTIVES: At the end of the course, successful delegates will be able to demonstrate and explain the skills necessary to assess, diagnose and treat an ill or injured person.

BENEFITS: The benefits of having an in-house First Aider are:

- To meet the minimum legal requirements
- To have peace of mind for yourself and your staff
- To know you always have emergency aid at hand

The course will be delivered with the aid of audio/visual aids, instructor demonstration and student practice. The course will lead up to a practical assessment with verbal questioning and successful completion will lead to the award of a certificate and card, recognised by the HSE.

Successful delegates should attend a 3-hour refresher course after year 1 and year 2 followed by a repeat of the initial course after year 3.

COURSE CONTENT:

- Introduction
- Principles of First Aid
- Chain of Survival
- Emergency Management Procedure
- The Care Cycle
- Scene Survey
- Exposure Protection
- Primary Survey, Recovery Position & Reassessment
- Cardiopulmonary Resuscitation
- Alternative Ventilation Procedures
- Introduction to AED
- Adult Choking
- Severe Bleeding (including Wounds and Bleeding)
- Shock Management
- Epilepsy and Seizures
- Minor Injuries
- First Aid Kit
- Accident Recording