



HEALTH & SAFETY FIRST AID AT WORK – 3 DAYS

DESIGNED TO: Provide the successful candidates with the basic qualification required by the health and safety executive for the first aid provision at a place of work. The course is approved by the HSE, and provides both theoretical and practical training for the candidates

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 2-day first aid refresher training course after year 3.

Note – should delegates allow their three year certificate to expire then they must attend the three-day first aid at work course.

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
- Choking
- Severe Bleeding
- Shock Management
- Secondary Survey
- Patient History Taking/Physical Assessment
- Asthma / Hyperventilation
- Chest Injuries
- Breathing Problems / Scenarios
- Angina / Heart Attack / Stroke
- Fainting
- Circulatory Problems / Scenarios
- Electrical Injuries
- Burns and Scalds
- Hypothermia / Frostbite
- Heat Exhaustion and Heat Stroke
- Environmental Problems / Scenarios
- Epilepsy / Seizures
- Head Injuries / Spinal Injuries
- Nervous System Problems / Scenarios
- Allergies / Anaphylaxis
- Diabetic Emergencies
- Poisoning
- Other Medical Problems / Scenarios
- Eye Injuries
- Fractures / Dislocation
- Sprains and Strains
- Wounds and bleeding
- Minor Injuries / Other Injuries
- First Aid Kit
- Health and Safety
- COSHH – Hazardous Substances / RIDDOR
- Accident Recording
- Practical Assessment