

Emergency First Aid at Work

This 6 hour course will help you meet your regulatory requirements if a risk assessment indicates that first aid training covering emergency protocols only, is sufficient for your workplace. The course can be adapted to suit a particular audience and is ideal for lower risk businesses, in line with the Health and Safety UK (First Aid) regulations 1981.

Course Content:



INTRODUCTION

- The Definition of a First Aider
- The Aims of First Aid
- Rescuer Protection
- First Aid Kit
- Reporting Accidents



SAFETY & CASUALTY CARE

- SAFE™
- Life Cycle™
- Chain of Survival



BASIC LIFE SUPPORT (BLS)

- Primary Care & Recovery Position
- Adult Cardiopulmonary Resuscitation (CPR)
- Automated External Defibrillation (AED)
- Adult and Child Choking
- Types of Bleeding
- Bleeding Control
- Haemostatic Dressing Application Tourniquet Application
- Shock
- Seizures and Epilepsy



MINOR FIRST AID

- Small Cuts, Grazes and Bites
- Bruises
- Small Splinters
- Nosebleeds
- Burns and Scalds



Assessment

There is no final exam each learner is continuously assessed by the trainer / assessor during their training. It is then both the responsibility and decision of the trainer/assessor to determine if each learner has reached the level required to become a first aider within the work place.

Certification

Successful learners will be certified by The International Certification and Training Academy (TICTA) which is valid for three years from course completion date.