



Emergency First Aid at Work

Overview

Thousands of accidents happen in the workplace every year. By applying the basic principles taught on this course you will have the confidence to approach and manage first aid emergencies in the workplace.

The course offers a general overview of first aid and medical emergencies, and is a perfect for those working in a low risk environment (e.g. an office or dental practice) who wish to gain a broad understanding of first aid. The course program includes lectures and hands-on simulations which are is engaging, practical and informative.

All of our training courses are delivered by qualified instructors.

Upon successful completion of the course you will receive a Back to Life certificate, valid for 3 years from the date of issue.

Course Content

- What is first aid?
- Basic life support skills – including defibrillation, recovery position and the choking casualty
- Wounds and bleeding
- Burns, scald and poisons
- Medical conditions
- Record keeping
- Preventing cross infection
- First aid boxes

Learning outcomes

- Understand the chain of survival
- Understand the principles of initial assessment
- Understand the basic theory and practice of dealing with injuries and illness
- Gain information on how to set up policies and procedures in the work place
- Learn what are the recommended first aid boxes and equipment you should have in the work place

Type Of Course: Theory and practice (first aid manual provided)

Duration of Course: 1 Day

Maximum Number of Candidates (Per Trainer): 10

Validity: 3 years (You are advised to participate in a 3 hour annual update for this qualification to keep your Basic Life Support and Automated External Defibrillation skills current.)

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