



First Aid at Work

Overview

This course provides an excellent overview of many different types of first aid skills, and through the use of scenarios and hands-on practical training you will learn the skills that will enable you to minimise the seriousness of an injury, and even save a life.

The Health and Safety Executive (HSE) states that employers have a legal obligation to provide an appropriate provision of first aid (Health and Safety regulation 1981). This course will give you the knowledge and skills to enable you to act as a designated first aider for your organisation.

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

- **Accidents and injuries**
- Basic Life Support and Defibrillation
- Bleeding
- Eye injury
- Head injuries
- Minor wounds
- Moving injured casualties
- Poisoning
- Recognising injury to; bones, joints and muscles
- Shock
- Spinal injury
- **Common Medical conditions**
- Asthma
- Epilepsy
- Heart attack/angina
- Low blood sugar
- **Equipment and Reporting**
- First aid boxes
- Reporting and record keeping
- Reporting of Injuries and Diseases and Dangerous Occurrences Regulations (RIDDOR)

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

Course Duration: 18 hours / 3 days

Maximum Number of Candidates (Per Trainer): 10

Valid: 3 years

Recertification (If within 36 months of initial certificate): 2 day update