

# Course Profile

## 3-Day First Aid at Work (Certificated)

Venue or In-House

### Duration

3 Days – usually 9.00am – 4.30pm each day. May be split to run over a longer period.

### Description

The course aims to train employees up to the Health and Safety Executive-approved standard for the purpose of the Health and Safety (First Aid) Regulations 1981.

### Objectives

On completion of the course, successful candidates should be able to:

- + provide emergency first aid at work safely, promptly and effectively
- + understand the role of the first aider, including reference to:
  - the importance of preventing cross infection;
  - the need for recording incidents and actions;
  - use of available equipment;
- + recognise the presence of major illness and provide first aid including:
  - cardio pulmonary resuscitation, heart attack, stroke, epilepsy, asthma and diabetes
- + administer first aid to a casualty with:
  - injuries to bones, muscles & joints, including suspected spinal injuries
  - chest injuries, burns & scalds, eye injuries, sudden poisoning, anaphylactic shock
- + administer first aid to a casualty who is:
  - unconscious (including seizure) choking, wounded and bleeding, suffering from shock
- + provide appropriate first aid for minor injuries.

### Prerequisites

Nil. However candidates are required to be physically fit and have the aptitude and ability to cope with an intense course of study and practical activity.

### Suitability

The course is intended for people who are required to act as the 'Designated First Aider' at a place of employment.

### Qualification

On completion of the course, delegates will be assessed in practical and theoretical aspects of first aid to the HSE-approved standard. Successful completion of the assessment will result in the award of a First Aid at Work certificate. This will be valid for a period of three years and should be renewed by attendance on a two-day Re-qualification course before the expiry date of the certificate. Attendance on a 3-day First Aid At Work course will be necessary if validity has lapsed.

### Course size

Maximum course size 12.



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Check availability and book on-line at:

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