

First Aid courses

First Aid at Work & Appointed Person



First Aid at Work

This 3-day course provides the learner with a qualification to the highest level of first aid, meeting the statutory requirements of the Health & Safety (First Aid) Regulations 1981. The following topics are covered;

- what is first aid
- legislation
- responsibilities
- primary survey
- secondary assessment
- the respiratory system
- resuscitation
- disorders of respiration
- disorders of the circulation
- wounds and bleeding
- disorders of consciousness
- foreign objects
- burns and scalds
- bones, joints and muscle injuries
- poisoning
- incident management training
- bites and stings
- effects of heat and cold
- casualty management
- assessment

Re-qualification: after 3 years the learner must re-qualify by attending and successfully completing a 2-day HSE approved re-qualification course.

Annual Refresher: The HSE strongly recommends that all first-aiders attend an annual 3-hour refresher course.

Emergency First Aid Appointed Persons

A first aid risk assessment may indicate that you do not need a trained first aider in your workplace, therefore you should instead appoint someone to take responsibility for all first aid arrangements.

This 1-day course provides the learner with a basic knowledge of first aid and covers the following topics;

- what is first aid
- legislation
- responsibilities
- action in an emergency
- primary survey
- secondary assessment
- the respiratory system
- resuscitation
- disorders of respiration
- disorders of the circulation
- wounds and bleeding
- epilepsy
- minor burns and scalds
- foreign objects

On completion of the course the learner will be issued with an Emergency First Aid at Work certificate approved by the Health & Safety Executive (HSE). This is valid for 3 years and can be renewed by re-taking the course.



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