



## COURSE OUTLINE

COURSE TITLE: First aid at work

COURSE LEVEL: 3

DURATION: Three days (18 hours)

### Introduction

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This course is approved by the Health & Safety Executive (HSE). It is ideal for organisations who require qualified first aiders in the work place. It teaches the core skills required to enable them to work efficiently and effectively as the companies designated First Aider. The course is assessed informally throughout and formally at the end by a independent examiner

### Benefits of Attending

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This is a lifesaver course giving participants essential life saving emergency techniques. This course covers the needs of the appointed person tailored to your workplace. Suitable for both low and high risk workplaces where a nominated person or team will deal with emergency incidents.

### Programme Highlights

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- Understanding legislation and best practice. Assessment and safety
- Unconscious and seizure management
- Injury management. External and internal bleeding management
- Shock management. Choking management. Resuscitation procedures
- Understanding basic hygiene in first aid procedures
- Recognising major illness and applying first aid
- First Aid management for soft tissue injuries, bones and suspected spinal injuries, chest injuries, burns and scalds, eye injuries and sudden poisoning and anaphylactic shock

### Who Should Attend

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Any person

### Special Notes

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We can teach the course in a three day block or over three separate days (within two months)  
The course allows a maximum of 12 candidates and is assessed with an exam  
The course certificates are valid for 3 years.

First aid at work

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## Learning outcomes

- To provide the learner with a thorough opportunity to learn about a variety of first aid treatments and actions for children and adults
- The course is HSE accredited and the learner will receive a certificate of attendance which is valid for three years

## Each day starts with Introductions

The course requires 18 hours of learning and is taught over 3 day with 4 sessions of one and a half hours per day. Different trainers arrange the days in different ways so that there is no set programme but all the following subject areas will be covered in depth. The course is formally assessed with a practical exam at the end.

- First aid kit
- Action planning
- Treatment of an unconscious casualty
- Resuscitation
- Choking. CPR.
- Asthma and diabetic emergencies
- Head injuries,
- Seizures, convulsions
- Bleeding. Eye injuries
- Burns, scalds and smoke inhalation
- Sprains, strains and fractures. Spinal injuries
- Poisoning, bites and stings,
- Allergies, anaphylaxis
- Foreign objects
- Recognition of major illnesses
- Childhood conditions (e.g. measles, meningitis, croup).
- Shock
- Drowning. Electric shock
- Heat stroke and hypothermia

Each day finishes with an opportunity for any questions before the close