

EMERGENCY FIRST AID AT WORK

Emergency First Aid

A Health & Safety recommended, one day non-assessed course. This is the minimum level of First Aid training for the workplace, appropriate for low-risk environments or for those acting in the absence of a fully qualified First Aider. The course is designed to give a good basic insight into First Aid procedures and skills.

Throughout the course delegates will take part in practical exercises helping them learn basic life support skills and gaining the confidence to deal with an emergency at work or home.

Course Content

This one day (6 hour) course comprises of:

- Health & Safety (First Aid) Regulations
- Accident Log Books
- First Aid Kits
- Dealing with an emergency
- Management of an unconscious casualty
- Resuscitation
- Treatment of burns, bleeds and fractures
- Treatment of shock
- Common illnesses and injuries in the workplace
- Practical sessions



Course Objective

On completion of the course delegates will have the training to;

- Give emergency First Aid to an injured person until medical assistance arrives
- Recognise and appropriately treat most emergency situations

Assessment

There is no formal assessment but on completion of the course delegates will receive a certificate of attendance which is valid for three years

AB FIRE SAFETY TRAINING SERVICES LTD

www.abfiresafetytraining.co.uk

Tel 01229 772653

Email: andyburn16@btinternet.com