

Emergency First Aid

HSE Accredited



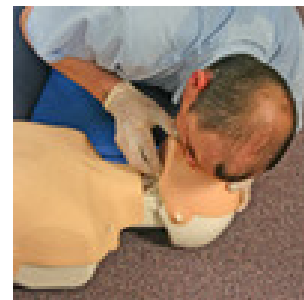
The Health and Safety (First Aid) regulations 1981 states that employers have a duty to adequate and appropriate first aid provision for their workforce. Where field personnel are working in small groups, at least 1 person in that group should be first aid trained. This course is designed to give training for a person to take charge in case of injury or other first aid emergencies.

This course offers a basic but essential introduction to life-saving first aid, and is aimed at those working in low-risk environments that have little or no first aid experience. First aid training is essential for all but especially those working in remote sites or away from the main office of business.

As with all our first aid courses, we encourage participants to get hands-on practice in perfecting the skills that could save lives in an emergency situation.

During the day, participants will cover the following subjects:

- Aims and objectives of first aid
- Managing an incident
- Dealing with blood loss and shock
- Examining & prioritising a casualty
- Performing cardio-pulmonary resuscitation (CPR)
- Dealing with an unconscious casualty
- Avoiding cross infection
- Choking
- Fractures, dislocations and sprains
- Minor burns and scalds
- Recording and reporting
- First aid kits and contents
- Legal requirements and Regulations
- Common workplace injuries



While there is no formal examination to pass, candidates are monitored throughout the day and continuously assessment on their ability and confidence when dealing with "casualties".

Duration: 1 Day

Intended outcome: At the end of the course, successful participants will be trained to Emergency First Aid standard, and issued with a certificate accredited by HSE which is valid for three years.