

First aid at work (3 day course)

The First aid at work training course provides the comprehensive set of practical skills needed by first aiders in most workplaces to become a confident first aider at work. Giving both the ability and knowledge to deal with first aid emergencies. It meets the standards required to help comply with Health and Safety (First aid) regulations.

Who should attend?

Employees who require a first aid at work certificate.

What you will learn

The content of the course will cover how to deal with the following:

The role of the first aider	Head injuries
Managing an emergency	Health and safety (first aid) regulations
Communication and casualty care	Low blood sugar
Asthma	Poisoning
Bleeding (minor and severe)	Resuscitation (adult CPR)
Bone, muscle and joint injuries	Seizures (adult)
Burns and scalds	Severe allergic reaction
Chest pains (including heart attack)	Shock
Choking (adult)	Spinal injuries
Eye injuries	Stroke
Fainting	Unconscious casualty

Course duration

Three days.

All successful candidates on this course get their first annual refresher training free.

Assessment

Previously, students who attended our first aid courses were required to pass a final practical assessment. This has been replaced with continuous observation by the trainer and written assessments.

Candidates need a basic command of English (defined as Level 2). So whilst we are often able to provide support to people who for example do not have English as a first language, our ability to do so is limited by the time available and the number of people who require assistance, although we may be able to make special arrangements if requested in advance. Please contact us if you need any guidance.

Certification

Successful candidates receive a certificate from the provider, valid for three years.

Northern Ireland

First aid at work and *Emergency first aid at work* courses delivered in Northern Ireland are assessed using a final assessment of three practical scenarios. More information is provided in your joining instructions.