

## **1 Day First Aid at Work Course**

It is appropriate for nominated emergency first aiders, or anyone requiring a comprehensive one day first aid course.

This course can be adapted to suit a particular audience and is ideal for lower risk businesses, in accordance with the Health and Safety (First Aid) Regulations. The course is run over one day and includes both theory and practical sessions, in a relaxed atmosphere, designed to boost a candidate's confidence.

The *Emergency First Aid at Work* course replaced the First Aid Appointed Person course in October 2009.



The Syllabus Includes:

- ⑤ Health and safety (first aid) regulation
- ⑤ Managing an incident
- ⑤ The priorities of first aid
- ⑤ Treatment of an unconscious casualty
- ⑤ Unconsciousness
- ⑤ Resuscitation
- ⑤ Shock
- ⑤ Bleeding
- ⑤ Common workplace injuries

Assessment

Continuous Assessment by the trainer. Upon successful completion certification is valid for three years