

## EMERGENCY FIRST AID AT WORK

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This course is ideal for low hazard environments (e.g. offices, shops, libraries) or where your risk assessment identifies a requirement for a first aider trained in emergency first aid at work. (See HSE guidelines). Candidates will learn basic lifesaving first aid as well as being able to deal with minor injury and illness in the workplace.

### KEY FACTS

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- Duration - 1 day
- Assessment - written and practical
- Instructor/candidate ratio - 1:12
- Award alignment - complies with Health and Safety (First Aid) regulations
- Accreditation - MPQC certificate
- Lifespan - 3 years

### LEARNING OUTCOMES

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**On completion of this course delegates will be able to**

- Know the action to take in an emergency situation
- Know and demonstrate basic life saving techniques
- Diagnose and deal with injury and illness in the workplace

### ADDITIONAL COURSE DETAILS

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#### Benefits

Can be used to give additional cover during sickness of qualified staff or for persons working in remote locations.

#### Outline Content

- Legislation
- Aims of First Aid
- Primary Survey
- Secondary Survey
- Unconsciousness
- Top to Toe Survey

- Recovery Position
- Respiration
- Circulation Disorders
- CPR
- First Aid Equipment
- Wounds and Bleeding
- Burns and Scalds

The cost of this course includes the Awarding Organisation registration fee.

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