

FIRST AID AT WORK (INITIAL COURSE)

This course provides a comprehensive set of practical skills needed to become a confident first aider at work, including how to provide appropriate care and know the actions to take in a first aid emergency situation. Candidates will also learn the knowledge and be able to demonstrate life saving techniques. They will be competent to diagnose and deal with injury and illness in the workplace.

KEY FACTS

- Duration - 3 days
- 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

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

Benefits

- Assists compliance with legal responsibilities
- Enables rapid assistance to be given in event of accident or ill-health
- Ensures those giving first aid have up-to-date knowledge and techniques

Outline Content

- Legislation
- Aims of first aid
- Primary survey

- Secondary survey
- Unconsciousness
- Top to toe survey
- Recovery position
- Respiration
- Circulation system
- Circulation disorders
- CPR
- First Aid equipment
- Wounds and bleeding
- Burns and scalds
- Poisons
- Major illnesses
- Fractures
- Soft tissue injuries and dislocations

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

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