

# Emergency first aid at work

Learn via: **Classroom**

Duration: **1 Day**

## **Overview**

This course is suitable for people aged 16+ who work in low hazard environments (for example an office or shop) or where Health and Safety Executive (HSE) guidelines indicate staff should hold a certificate in emergency first aid at work.

It gives learners the skills and confidence to respond to a range of accidents and first aid emergencies they could encounter in the workplace.

If your needs assessment identifies a requirement for additional first aid training, we recommend the three day first aid at work course which teaches the skills to recognise and treat a wider range of injuries and medical conditions.

## **Prerequisites**

Learners must be physically able to carry out the practical elements of the course.

## **Qualification**

The HSE requires at least six training contact hours for this course. Learners must attend all sessions to be eligible for assessment.

On successful completion of this course, you will receive an emergency first aid at work certificate which is valid for three years.

For best practice, we support the Health and Safety Executive's recommendation to complete an annual first aid skills update.

## **Outline**

Our emergency first aid at work course covers the content specified in the Health and Safety (First Aid) Regulations 1981.

This course gives learners the skills to help someone who is:

- unresponsive and breathing
- unresponsive and not breathing (including the use of an automated external defibrillator/AED)
- having a seizure
- choking
- bleeding heavily
- suffering from shock
- burnt.

It also includes information on:

- dealing with an emergency:
  - assessing a casualty
  - monitoring a casualty
  - where to get help
  - electrical incidents
- accident recording and reporting
- control of substances hazardous to health (COSHH).

Each learner receives a training pack including a host of resources to help them practice the skills covered. The pack includes a course companion workbook, bandages and more.