

**Who is it for?**

This course is for those who are looking for a practical course to learn basic emergency first aid skills, ideally suited to those requiring first aid skills for low risk work environments. This course does not qualify you as a first aider in the workplace under the Health and Safety (First Aid) Regulations 1981.

With trainers from a variety of backgrounds, this course can be tailored to your specific workplace risks.

**What is covered?**

- What is First Aid?
- Why have First Aid?
- A range of common injuries specific to your work
- Use and understanding of the recovery position
- Recognising an unconscious casualty
- Choking
- Blood loss and shock
- CPR
- Recording incidents and accidents

**How long is it?**

Half Day (3-4 hours)

Places are limited to 12 delegates per course and can be held throughout the UK at a venue of your choosing to keep disruption to your business to a minimum.

**Refresher Training**

Refresher training is recommended on an annual basis.

**For further details of this or other courses call please call or email us**

Asbestos ▪ First Aid ▪ Health and Safety ▪ Legionella ▪ Environmental ▪ Fire

## Who is it for?

This is course for anyone wanting to become a first aider and is ideally suited to those who require training in emergency first aid in smaller, lower risk working environments, have fewer staff or where HSE guidelines indicate staff should be trained and hold a certificate in emergency first aid at work. Trainers will ensure that the course will be tailored specifically to the risks associated with your specific industry or business function.

With trainers from a variety of backgrounds, this course can be tailored to your specific workplace risks.

## What is covered?

Understand the role of the first aider including reference to:

- The importance of preventing cross infection
- The need for recording incidents and actions
- Use of available equipment
- Assess the situation and circumstances to act safely, promptly and effectively in an emergency
- Administer first aid to a casualty who is unconscious (including seizure)
- Administer cardiopulmonary resuscitation
- Administer first aid to a casualty who is choking
- Administer first aid to a casualty who is wounded and bleeding
- Administer first aid to a casualty who is suffering from shock; provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters)

## How long is it?

One Day (6 hours contact time)

Places are limited to 12 delegates per course and can be held throughout the UK at a venue of your choosing to keep disruption to your business to a minimum.

## Refresher Training

Valid for 3 years, refresher training is recommended on an annual basis before the certificate expires. Up to three months before the expiry date, the first aider can undertake another EFAW course. The new certificate will then be dated from that expiry date.

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## Who is it for?

This course is designed to establish a standard which creates a level of competence for first aid skills that meet the requirements for the Health & Safety (First Aid) Regulations. Suited to anyone wanting to become a first aider or appointed person. Particularly appropriate to companies where HSE guidelines recommend a trained first aider qualified in first aid at work.

With trainers from a variety of backgrounds, this course can be tailored to your specific workplace risks.

## What is covered?

Understand the role of the first aider including reference to:

- The importance of preventing cross infection
- The need for recording incidents and actions
- Assess the situation and circumstances to act safely, promptly and effectively in an emergency
- Administer first aid to a casualty who is unconscious (including seizure)
- Administer cardiopulmonary resuscitation
- Administer first aid to a casualty who is choking
- Administer first aid to a casualty who is wounded and bleeding
- Administer first aid to a casualty who is suffering from shock
- Provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters)

Administer first aid to a casualty with:

- Injuries to bones, muscles and joints, including suspected spinal injuries
- Chest injuries
- Burns and scalds
- Eye injuries
- Sudden poisoning
- Anaphylactic shock

Recognise the presence of major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma, diabetes)

Students will also be required to demonstrate knowledge and understanding of the principles of first aid at work including:

- The importance of personal hygiene in first aid procedures
- The legal framework for first aid provision at work
- The use of first aid equipment provided in the workplace

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## How long is it?

Three Days (18 hours contact time)

Places are limited to 12 delegates per course and can be held throughout the UK at a venue of your choosing to keep disruption to your business to a minimum.

## Refresher Training

Valid for 3 years, refresher training is recommended on an annual basis before the certificate expires. Up to three months before the expiry date, the first aider can undertake another FAW course. The new certificate will then be dated from that expiry date.

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