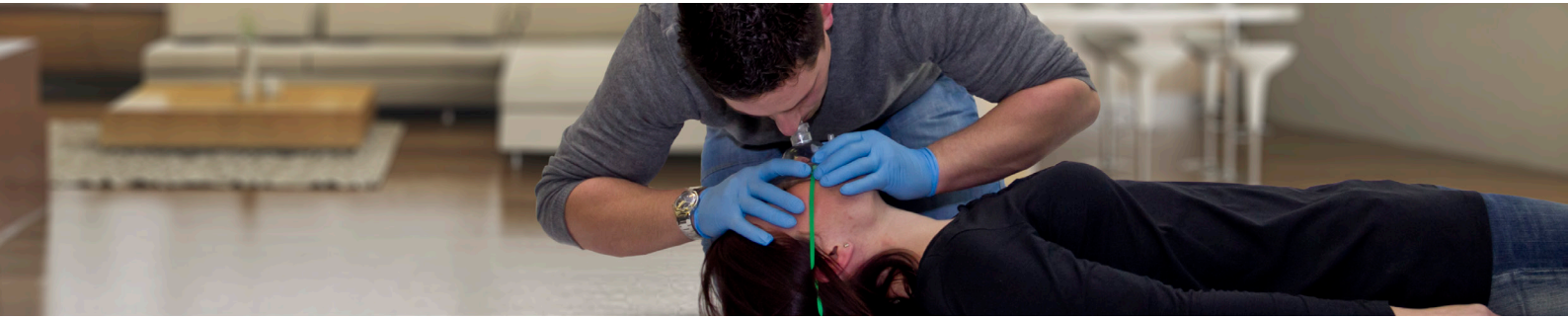


3 Day First Aid at Work (FAIB Approved)



The First Aid at Work (statutory) course complies with the current Health and Safety (First Aid) Regulations 1981. Successful students receive certificates to show that they are qualified to be First Aiders in the workplace for the next three years.



18 contact learning hours
(usually over 3 days)

Who should attend?

A person who is to be designated as a First Aider at work. All employers in the UK have a legal obligation to make First Aid provision for their employees under the First Aid Regulations 1981.

What they will learn?

The knowledge and confidence to deal with any First Aid emergency in the workplace.

Course content

- Dealing with accidents and illness at work
- Role of the first-aider
- Acting safely, promptly and effectively in an emergency
- Use of first aid kit contents and record keeping
- How to prevent cross infection
- Adult cardiopulmonary resuscitation CPR
- Treatment of an unconscious casualty (including seizure)
- Treatment for a choking adult
- Wounds and bleeding
- Shock
- Treatment for minor injuries
- Heart attack, stroke, epilepsy, diabetes & asthma
- Chest injuries
- Eye injuries
- Burns and scalds
- Poisoning
- Anaphylaxis
- Dealing with injuries to bones, muscles and joints
- Dealing with suspected spinal injuries

Assessment

Continuous assessment by course trainer + multiple choice question paper

Certificate

A First Rescue certificate valid for three years, is issued on successful completion of assessment. Approved by the First Aid Industry Body (FAIB)

For details or further courses please visit www.firstrescuetraining.co.uk

For workplace defibrillators please visit www.defibwarehouse.co.uk