

Emergency First Aid at Work (FAIB Approved)



This course is ideal for smaller workplaces that present few health and safety risks.



6 hours
(usually over 1 day)

Who should attend?

Nominated emergency first aiders, or anyone wanting a comprehensive one day first aid course.

What will they learn?

Basic First Aid and the relevant regulations.

Course content

- Insight into Health and Safety (First Aid) Regulations
- Managing an incident
- Priorities of First Aid
- Adult Cardiopulmonary Resuscitation (CPR)
- Treatment for choking
- Treatment of wounds and bleeding
- Treatment of an unconscious casualty (including seizure)
- Treatment of shock
- General discussion on common workplace injuries

Assessment

Continuous assessment by course trainer

Certificate

A First Rescue certificate is issued on successful completion of the course. This certificate is valid for 3 years and approved by the First Aid Industry Body (FAIB).