

Emergency First Aid at Work - Blended (Accredited)

Aim

To equip participants to deal with emergency first aid situations in the workplace.

Target Group

This course, run over 2 half-days, is designed for nominated first aiders in small, low risk working environments, where a full day face-to-face training session isn't possible.

Delivery method, venue and duration - date(s) to suit you

2.5 hours virtual training session, ideally using Zoom, & 4 hours face-to-face in your own training room.

Course outline & content:

Virtual

- What is first aid?
- Legislation
- Responsibilities of a first aider (incl. preventing cross infection and reporting)
- Action in an emergency
- The respiratory system
- Disorders of circulation (shock)
- Minor burns and scalds

Face-to-face

- Primary survey
- Secondary assessment
- Resuscitation and AED
- Disorders of respiration
- Wounds and bleeding
- Seizures
- Foreign objects and course closure

Training methods used

All of our training sessions are intended to be as interactive as possible. Participants are encouraged to ask questions, make comments and bring up their own experiences. We use lots of different methods including quizzes, roleplay, video clips and small group work as well as direct teaching. We want participants to leave the session saying “that was really enjoyable - and it was directly relevant to my working life.”

Accredited or non-accredited first aid training?

The rules changed in 2013 and it's now up to the employer to decide whether its first aid training should be accredited or non-accredited. We offer both... the content is the same and meets the requirements specified by the Health and Safety (First Aid) Regulations 1981.