

Emergency First Aid at Work - Blended (Non-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

3 hours virtual training session, ideally using Zoom or MS Teams, & 3 hours face-to-face in your own training room.

Course outline & content:

Virtual

- Legislation
- Responsibilities of a first aider (incl. preventing cross infection and reporting)
- Action in an emergency
- The respiratory & circulatory system
- Disorders of circulation (shock)
- Seizures
- Foreign objects
- Minor burns and scalds

Face-to-face

- Action in an emergency - recap
- Unconscious casualty
- Resuscitation and Automated External Defibrillator (AED)
- Choking
- Wounds and bleeding

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. Please click on the link for [Accredited EFAW Blended](#).