

Emergency First Aid at Work

Aim

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

Target Group

This one-day course is designed for nominated first aiders in small, low risk working environments.

It is strongly recommended all care staff should have an emergency first aid at work qualification - not a requirement, but CQC would view it very positively.

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

- Face-to-face in your own training room over a full day.

Learning outcomes: by the end of this session participants will have covered the following areas:

- Legislation
- Responsibilities of a first aider (incl. preventing cross infection and reporting)
- Action in an emergency
- Unconscious casualty
- Resuscitation and Automatic External Defibrillator (AED)
- The respiratory & circulatory system
- Disorders of respiration (choking)
- Disorders of circulation (shock)
- Wounds and bleeding
- Seizures
- Minor burns and scalds
- Foreign objects

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. Successful participants will be awarded the Ofqual Level 3 Emergency First Aid at work, which is valid for three years. Maximum numbers are 16 per session for unaccredited first aid training and 12 per session for accredited first aid training.