

First Aid at Work

Aim

A comprehensive 3-day course covering the knowledge and practical skills required by first aiders to deal with first aid emergencies in the workplace.

Target Group

This would generally be considered for higher risk environments, such as construction industries, but as a good practise measure within the care sector many organisations may have a few key staff (e.g. deputies, team leaders etc.) trained to this level.

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

- Face-to-face in your own training room over three full days, OR
- 1 day virtual, 2 days face-to-face in your own training room

Learning outcomes: by the end of this session participants should 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
- Burn injuries
- Foreign objects
- Bones, joints and muscle injuries (incl. suspected spinal)
- Chest and abdominal injuries
- Eye injuries
- Poisoning
- Anaphylaxis
- Major illnesses (incl. heart attack, stroke, asthma & diabetes).

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, role play, video clips, 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?

We offer both accredited and non-accredited first aid training. The content is the same, which meets the requirements specified by the Health and Safety (First Aid) Regulations 1981. There is a practical assessment and multiple choice examination as part of the accredited course. Successful participants will be awarded the Ofqual First Aid at Work certificate, 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.