

Emergency First Aid at Work

**A Health & Safety Executive approved one-day course.
This is the minimum level of first aid training for the
workplace, most appropriate for smaller environments that
present few health and safety risks.**

Who should attend?

Anyone wanting to gain an introduction to workplace First Aid

Learning Outcome

Knowledge and practice of basic life saving First Aid and an awareness of First Aid regulations.

Course Content

Delegates will receive training in a range of First Aid topics, including: -

- The role of the First Aider including the importance of recording incidents and actions
- Aims and principles of First Aid
- Action at an emergency
- Management of an unconscious casualty
- Cardio Pulmonary Resuscitation
- Assessment and treatment of a casualty who is wounded, bleeding or shocked
- Treatment of minor injuries including cuts, grazes, bruises, minor burns and small splinters
- The importance of preventing cross infection
- The use of first aid equipment

Course Duration

The course duration is six hours (9.30am - 4.30pm).

Assessment & Certification

Assessment is carried out by the trainer throughout the course. On successful completion of the course activities and Multiple Choice Question Paper, delegates will receive an Emergency First Aid at Work certificate, which is valid for three years.

Other Options

Add defibrillator or oxygen training to this course at a discounted rate.
Please contact us for details.



•First Aid & Care Training
•Event Medical Cover
•Equipment Sales
08456 344 599