

First Aid At Work Course

Maximum number of candidates per course: 12

Course Duration: 3 Days (18 hours). Course dates do not have to be consecutive.

Objective - The candidate is trained and suitable to be individually assessed for the First Aid at Work Certification.

Selection of suitable candidates

Selection of suitable candidates will depend upon a number of factors. These include:

- Have a reliable disposition and good communication skills.
- Have the aptitude and ability to absorb new knowledge and learn new skills.
- Have the ability to deal with an emergency situation in a calm, controlled manner.
- Be prepared to carry out First Aid within the work place whilst they hold a valid First Aid Certificate.
- Be able to leave their normal duties in order to respond to an emergency.
- Be committed to the safety and health of their fellow workers.

Aims of the course:-

- To train the candidate to understand the concept of First Aid at Work.
- To train the candidate in accordance with the Health & Safety (First-Aid) Regulations 1981.
- To prepare the candidate for assessment with the Examiners.
- To build the candidate's confidence in his/her ability to perform First Aid in numerous situations.
- To issue First Aid at Work certificates in accordance with the Health & Safety (First-Aid) Regulations 1981.

Course Content

The skills of patient care which are essential to provide life support to an ill or injured person. Candidates will receive training in a wide range of first aid skills including:

- The ability to act safely and effectively when an accident occurs.
- The treatment and priorities of care for an unconscious patient.
- The recognition of cardiac arrest and delivery of cardio-pulmonary resuscitation (CPR).
- Treatment of casualty who is bleeding (use of bandages and slings).
- Treatment of choking patient.
- Recognition and treatment of shock.
- Simple record keeping following an accident at work.

- Students will also learn to provide care for patients who have:
 - Suffered burns or scalds.
 - Broken or injured bones, muscles, joints.
 - Suffered poisoning.
 - Suffered injury to the eye.
 - Signs and symptoms of a number of serious illnesses including, heart attack, stroke, diabetes etc.
 - Suffered extreme temperature changes.

Candidates are required to undertake an independent assessment on the final day of the course.

Certification

Candidates who successfully complete the course will be awarded a First Aid at Work certificate, which is valid for three years.