First Aid at Work

At a glance…

Training (with Assessment) Competence

Duration Notes: 3 days

Introduction

Carry out successful first aid at work with our recognised course.

Overview in brief

This training course is for you if you have not attended a recognised first aid course, and are required to identify yourself as a first aider in the workplace.

You will learn the basic skills and knowledge of first aid, so you can administer simple but sometimes life-saving techniques in the workplace.

The finer details

This is a three-day theory and practical course which will give you the time to learn the basic skills and techniques of first aid.

There will be assessment and a certificate of training, plus you will be given a workbook to keep handy as a useful reference guide.



The course contains the following sessions:

- Introduction
- Incident management

• Unresponsive casualty

• Airway and breathing problems

• Circulation problems (Wounds and bleeding)

• Injuries to bones, muscles and joints

• Burns and scalds

• Major Illness.

Worth noting: First aid at work certificates are valid for three years and a two-day qualification course must be carried out within one month of expiry. Don't leave it any longer or you'll have to take a full first aid at work course.

Who should attend?

This course is ideal for you if you work in any industry and need to ensure that you have the relevant training to carry out first aid. It is suited to those working in high-risk working environments, such as building sites, warehouses etc.

What will be covered?

The basics needed to provide first aid in the workplace for minor incidents or until medical professionals arrive.

- Understand the role and responsibilities of a first aider
- Assess an incident
- Provide first aid to an unresponsive casualty
- Provide first aid to a casualty with external bleeding
- Provide first aid to a casualty who is in shock
- Manage a casualty with minor injuries.

Other areas of interest

Training

- AID32 Emergency First Aid at Work
- AID34 First Aid at Work Requalification
- AID17 +F First Aid
- AID35 Emergency First Aid at Work +F
- AID36 First Aid at Work +F
- AID37 First Aid at Work +F Requalification

Training Republic of Ireland

- AID31 +F First Aid (Republic of Ireland only)
- AID40 Emergency First Aid at Work +F (Republic of Ireland only)

Qualifications

- 610/1205/1 Level 3 Award in Emergency First Aid at Work
- 610/1208/7 Level 3 Award in First Aid at Work