

First Aid at Work – 4 day Course



First Aid at Work Regulations 1981

Introduction

This is a Health and Safety Executive approved four-day course that complies with the HSE (First Aid) Regulations of 1981. First Aid coverage in the workplace is a legal requirement. Upon successful completion of the course and final assessment, the delegate will receive the HSE approved, nationally recognised First Aid at Work Certificate, valid for three years. This certificate would enable the holder to act as a First Aider in the workplace under the 1981 (First Aid) Regulations.

Topic areas covered:

Day 1 <ul style="list-style-type: none">• What is First Aid?• First Aid in the Workplace;• Responsibilities of the First Aider;• Action in an Emergency;• Primary Assessment;• Secondary Assessment;• Breathing and Circulation;• Principles of Resuscitation;• Disorders of Respiration;• Airway Obstruction.	Day 2 <ul style="list-style-type: none">• Disorders of Circulation;• Disorders of Consciousness;• Wounds and Bleeding;• Incident Management;• CPR;• Bites and Stings.
Day 3 <ul style="list-style-type: none">• Burns and Scalds;• Bones;• Joint and Muscle Injuries;• Poisoning;• Incident Management;• Foreign Objects;• Effects of Heat and Cold;• Recap on Resuscitation Procedures.	Day 4 <ul style="list-style-type: none">• Casualty Management;• Resuscitation Procedures;• Incident Management;• Assessment.

Prior knowledge: No prior knowledge or training is required.
Course duration: Four days.
Numbers: Minimum 4, Maximum 12.

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