



# First Aid At Work

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## COURSE CONTENT

### Aim

To provide designated personnel within the industry with the knowledge and skills required to administer safe and effective First Aid At Work.

To refresh and update first aid knowledge and skills and introduce personnel to new developments.

To prepare the personnel for re-examination or initial examination leading to the award of an HSE approved First Aid at Work certificate.

To provide a designated person to act on behalf of the employer where the company identify a first aider is not necessary (First Aid At Work – appointed person).

### Pre-requisites

The training is appropriate for personnel requiring a first aid certificate to meet the requirements of the Health and Safety at Work Act and the Health and Safety (First Aid) Regulations 1981.

No prior training is required of the course participants attending the initial course, a valid in-date First Aid at Work certificate (HSE approved) is required for the refresher course.

### Course Duration

Four days	Basic	(24 contact hours)
Two days	Refresher	(12 contact hours)
1 day	Appointed Person	(8 contact hours)

## **Optimum Number**

Maximum of 12 delegates per course.

## **COURSE SYLLABUS**

- Basic Anatomy and Physiology – respiratory/circulatory/nervous system
- Case of the unconscious casualty – examination & management for breathing and non-breathing casualty
- The recovery position – side lying position/positioning using blanket and stretcher
- Resuscitation – demonstrate correct resuscitation procedures/use of maintenance of manual resuscitators and oxygen supplies
- Shock – recognition and treatment
- Wounds and bleeding – personal hygiene in treating wounds/dress, bandage and immobilise injured parts/treatment and control of external and internal bleeding
- Burns – recognition and treatment of thermal, chemical and electrical burns
- Fractures – recognition and treatment
- Poisons – types and effects of poisoning

**Dates available on request**

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