

Emergency First Aid at Work (6 Hours)

Course Aims

To provide delegates with the training, skills and knowledge in emergency first aid and comply with the requirements of the Health and Safety (First Aid) Regulations 1981.

Suitable For

Any person nominated by their employer as an Appointed Person in the workplace.

Course length

1 day (6 Hours)

Prerequisite

Temporary physical impairment - In situations where employers inform training providers that an employee attending an FAW / EFAW course has a temporary physical impairment, it may be sensible to advise them to defer training until the individual is fit. If this is not possible and the student has a temporary physical impairment, affecting for example mobility, a training provider can temporarily accommodate this during training. For example, a knee injury may prevent CPR training as the person is unable to kneel on the floor, so the training could be delivered at waist height. This course includes assessments where a delegate's ability to pass may be compromised where their first language is not English – please discuss this with your delegate/s and contact us if you or they have any concerns. If you have any queries do contact us for advice.

Certification

All delegates will be awarded a Community Academy Training certificate of attendance accredited by Pro-Training who are recognised by Ofqual. It is valid for three years.

Course Venue

Open courses are held regularly at our training venues in Norfolk. Alternatively, courses can be arranged at your own site anywhere in the UK (subject to suitability).

Syllabus

- Role and responsibility of first aider
- Introduction to first aid
- The recovery position
- Heart attack
- Choking
- Burns and scalds
- Incident management and safety
- Basic life support
- Adult and paediatric resuscitation
- Use of AED
- Control of bleeding and shock
- Simple record keeping and first aid equipment