

# Emergency First Aid at Work

## Course Objectives:

This course is designed to cover basic life-saving first aid and workplace health and safety regulations.

## Who Should Attend?

Nominated emergency first aiders, or anyone wanting a comprehensive one day first aid course.

## Course Content:

At the end of the course, delegates will have covered the following:

- Health & Safety (First Aid) regulations
- Managing an accident
- The priorities of first aid
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Common workplace injuries
- Bleeding

Assessment is continuous throughout the duration of the course by the trainer.

On successful completion of the course delegates will receive an approved certificate. After completing a final assessment successful delegates receive an approved certificate, which is valid for 3 years.

## Duration:

1 day