



## First Aid at Work - 4 Day

### COURSE AIMS

The First Aid at Work course complies with the current First Aid Regulations. This course is intended to provide a delegate with the knowledge to carry out emergency first aid in the workplace.

### LEARNING OBJECTIVES

At the end of this course the delegates will:-

- Be able to assess and deal with accidents and illness without further endangering themselves or others
- Be able to demonstrate the ability to deal with wounds, control or bleeding, choking, treatment of heart attack, burns and scalds, poisoning, fractures and shock
- Be able to demonstrate the ability to recognise and treat an unconscious casualty
- Be able to demonstrate the ability to administer cardiopulmonary resuscitation (CPR)
- Be aware of the need for personal hygiene when treating casualties
- Have an understanding of the relevant legal requirements to report accidents and injuries
- Be able to describe the contents of a First Aid Kit, be able to use and look after it, restocking any deficiencies

### COURSE DURATION

Four days.

### PRE-REQUISITES

There are no particular educational or competence pre-requisites for the course. However, the following factors will benefit the delegate: -

- Sound numeric and literacy skills
- A reasonable level of physical fitness
- Good communication skills
- The ability to absorb knowledge and learn new skills
- The ability to cope in an emergency

### PERSONAL PROTECTIVE EQUIPMENT

This course is, unless otherwise specified by the client, classroom based and as such no PPE will be required.

Due to some of the practical elements of the course delegates should wear trousers.

### CERTIFICATION

A certificate of training will be awarded to the delegate upon successful completion of the course and assessment.