

Title: First Aid at work (4 days)

Aims: To train participants to the HSE first aid at work standards

Objectives: How to respond in an emergency
Learn CPR
Importance of the recovery position
Treat major and minor conditions

Target Audience:

This course is approved by the HSE executive to qualify the candidates to full First Aid at Work status. It is for anyone who may require first aid skills. The course lasts for 4 full days as required by HSE regulations.

Course Content

- Priorities and principles of First Aid
- CPR
- Recovery position
- Legal duties
- Wounds and bleeding
- Bandaging
- Use of first aid box
- Seizures and epilepsy
- Respiratory problems
- Your role in an emergency
- Revision
- Assessment
- Evaluations and endings

Commentary

The First Aid at work course qualifies the candidate to the full HSE approved standard. Delivered by highly experienced trainers in line with the Health & Safety at Work Act 1974, it is valid for 3 years.

The successful candidate is qualified to deal with a range of basic emergency first aid situations, in addition there is an opportunity for candidates to request a particular first aid area that they require additional information or skills in. For example some organisations request additional training on paediatric resuscitation, or focus on hyperthermia with the elderly.