

First Aid – 4 Day First Aid at Work



Why do you need it?

A Health & Safety Executive approved course that complies with the Health & Safety (First Aid) Regulations 1981 for the qualification of workplace First Aiders

Who is it for?

Any person who is to be the workplaces official first aider.

Pre-requisites

None

Aims:

- Preserve life
- Prevent further harm
- Relieve pain and suffering

Content

- Aims and principles of First Aid
- Basic life support
- Management of the unconscious casualty
- Assessment and treatment of a casualty who is wounded, bleeding or shocked
- Assessment and treatment of fractures, dislocations and soft tissue injuries
- Assessment and treatment of burns, poisoning and eye injuries
- Assessment and treatment of common major and minor illnesses
- Prevention of cross-infection during First Aid procedures
- Emergency transport of casualties
- Legal aspects of First Aid at Work - record keeping and use of equipment

What next:

- IOSH Working Safely
- Manual Handling
- Health and Safety Awareness

Duration: 1 day

For more details contact us on 01322 221900