

Emergency First Aid at Work

About the course

This course meets the recommendations by the HSE for emergency first aiders in the workplace. It is ideal for smaller workplaces where a nominated or appointed person can help in an illness or accident at work. It can also give the larger employer extra coverage for first aid in his workplace and support for the First Aiders.

Who should attend

Anyone can train to be an emergency first aider even if they have never had a previous experience. This course is suitable for people who work in:

- Small companies
- Offices and shops with less than 50 employees
- Light engineering, assembly work etc. with less than 50 employees
- Employees who travel or work off site
- Self-employed mechanics, engineers etc.
- Work with dangerous machinery or construction with less than 5 employees

What you will learn

You will learn basic life saving skills, how to manage a first aid incident and some workplace first aid legislation.

The length of the course

6 hours, usually done in one day but can be done in 2 half day sessions for in house courses.

Course content

- Immediate needs of the body from onset of illness or injury
- Essential skills of patient care
- Secure assessment and management
- Protection of self and patient
- Chain of survival
- Initial assessment
- One rescuer CPR – adult
- Choking adult - responsive
- Choking adult - becoming unresponsive
- Control of bleeding
- Shock management
- Recovery position
- Illness scenarios
- Injury scenarios
- First Aid boxes and kits
- Accident book

Assessment and certification

Continuous assessment by the trainer. A certificate of competence will be issued on successful completion of the course which is valid for three years.

Continued over ...



Where you can do the course

This course can be held in your premises throughout the UK.
Open courses are held in Wiltshire and Gloucestershire.

How much it costs

See price list.

How to apply

You can book on to a course or organise in house training:

- on our website www.switchtraining.co.uk
- by email info@switchtraining.co.uk
- by phone **01666 823626**