

# First Aid at Work HSE accredited

## **About the course**

First Aid at Work is a course approved by the Health and Safety Executive. It covers primary and secondary care and the treatment and management of medical emergencies in the work place.

This is a very informative course set in a relaxed and positive atmosphere. Students will enjoy taking part in active exercises, which simulate emergency situations.

This course is legally compliant with the current Health and Safety (first aid) regulations 1981.

## **Who should attend**

Anyone can train to be a first aider even if they have no previous experience. First Aid at Work is suitable for:

- The larger company
- Offices with 50 plus employees
- Engineering companies with more than 20 employees
- High risk employment with more than 5 employees

## **What you will learn**

- 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 assessment
- Illness scenarios
- Injury assessment
- Injury scenarios
- First Aid boxes and kits
- Accident book
- RIDDOR
- COSHH

## **The length of the course**

18 hours. This can be done in various ways. The most common is three days normally from 9.30 am to 4.30 pm. But can be done weekly, ring 01666 823626 for further details.

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### ***Assessment and certification***

Your progress will be monitored continuously throughout your course and after a final practical assessment you will be awarded an HSE approved certificate valid for three years. You will then be able to practice as a first aider for three years when you can take a shorter re-qualification course.

### ***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](http://www.switchtraining.co.uk)
- by email [info@switchtraining.co.uk](mailto:info@switchtraining.co.uk)
- by phone **01666 823626**