

First Aid at Work

Course Duration : 3 day

Advanced course

Who should attend:

- Emergency first aid training courses are suitable for anyone who has volunteered or been nominated by their employer to fulfil the statutory duty of care as laid down by the Health & Safety Executive (HSE) (first aid regulations 1981) or anyone who wishes to gain an in-depth knowledge of first aid.

The Course content:

Primary Care:

- Initial Assessment
- Recovery Position
- Adult one rescuer CPR
- Adult CPR handover
- Compression only CPR
- Drowning
- Adult Choking Conscious
- Adult Choking Becoming Unresponsive
- Serious Bleeding
- Shock and Spinal Injury

Secondary Care—Injury:

- Injury Assessment
- Breaks/Dislocations/Fractures
- Wounds and Dressing's
- Embedded Objects
- Burns/Scalds
- Head Injuries
- Poison
- Temperature Related Illnesses
- Eye Injuries
- Strains/Sprains
- Internal Bleeding
- Bites/Stings
- Crush Injuries
- Chest Injuries & Electrical Injuries.

Secondary Care—Illness:

- Illness Assessment
- The Respiratory System
- Diabetes
- Anaphylactic Shock
- Seizures/Epilepsy
- Heart Attack
- Angina
- Stoke
- Fainting
- Asthma
- Hyperventilation

Course recognition:

This course meets the recommendations of ILCOR, ERC and the UK Resuscitation Council guidelines 2010 and is fully HSE approved under ITG approval number 38/10 and meets the requirements in the First Aid at work regulations 1981 (revised October 2009)

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IOSH Accredited Course

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