

## First Aid at Work – HSE Approved

### Course Description:

This first aid course is approved by the Health and Safety Executive and is recommended for all organisations whose risk assessments determine that First Aiders are required. This 3-day course offers a basic curriculum in a range of first aid competencies needed in any workplace giving the learner the ability to administer first aid safely, promptly and effectively to a casualty.



### Course Outline:

By the end of the course the delegates will have the ability to:

- : Act safely, promptly and effectively when an emergency occurs at work
- : Carry out cardio-pulmonary resuscitation (CPR) promptly and effectively
- : Care for a unconscious casualty and place in the recovery position
- : Administer first aid to a casualty who is wounded or bleeding
- : Administer first aid to a casualty who has been:
  - : Burned or scalded
  - : Is suffering from an injury to bones, muscles or joints
  - : Is suffering from shock
  - : Has an eye injury
  - : May be poisoned
  - : Has been overcome by gas or fumes
- : Transport a casualty safely as required by the circumstances of the workplace
  - : Recognise common major and minor illnesses/conditions and take appropriate actions as required
- : Maintain simple factual records and provide written information if required
- : Delegates will also be able to demonstrate a knowledge and understanding of the principles of first aid at work, in particular of:
  - : The importance of personal hygiene in first aid procedures
  - : The legal framework for first aid provision at work
  - : The use of equipment provided in the workplace
  - : The role of the first aider in emergency procedures

### Course Duration:

3 Days

### Assessment:

Delegates are formally assessed on 3 practical scenarios by two independent assessors and also sit a multiple choice question paper or oral question paper on request

### Certification:

Successful delegates receive a certificate that is approved by the Health and Safety Executive and valid for a period of three years



**Awarding Body:**

HSE

**Extra Details:**

All delegates receive a quality first aid manual. Sensible dress is advised as practical floor-based activities are required



[www.essential6.co.uk](http://www.essential6.co.uk)



[info@essential6.co.uk](mailto:info@essential6.co.uk)



0845 272 3558