

Course Title:

HSE First Aid at work*

**This is a Health and Safety Executive approved three day course that complies with the HSE (First Aid at Work act 1981) – First Aid coverage in the workplace is a legal requirement.*

Duration:

3 days

Description:

Upon successful completion of the course and final assessment, the delegate will receive the HSE nationally recognised First Aid at Work certificate, valid for three years. The certificate will enable the holder to act as a First Aider in the workplace under the 1981 (First Aid at Work regulations). The course syllabus can be contextualised to your specific needs and areas of risk.

Course contents:

- Responsibilities of the First Aider
- Action in an Emergency
- Primary Assessment
- Secondary Assessment
- Breathing and Circulation
- Principles of Resuscitation
- Disorders of consciousness
- Wounds and Bleeding
- Burns and Scalds
- Bones, Joint and muscle Injuries
- Poisoning
- Foreign Objects
- Effects of heat and cold
- Casualty management
- Incident management

Assessment and certification:

There is a final assessment on the last day of the course. Successful delegates will be awarded an HSE Approved First Aid at Work certificate which is valid for 3 year from date of assessment.