

## HSE First Aid at Work Course

### First Aid at Work Course Overview

The HSE First Aid at Work Course meets the requirements of the Health and Safety (First Aid) Regulations 1981, that all organisations must have adequate first aid provision. The HSE First Aid at Work Course is a 3 day course and is suitable for larger and high risk organisations. The First Aid at Work Course covers the syllabus as laid down by the HSE.

Our aim at Good Skills Training is that all learners should enjoy their First Aid at Work Course and that by the end of their course all learners should be safe, prompt, effective and confident first aiders in the workplace.

### First Aid at Work Course Syllabus

- × What is First Aid
- × Responsibilities of the First Aider
- × Primary Assessment
- × Secondary Assessment
- × CPR
- × Seizures and Epilepsy Choking
- × Asthma
- × Shock and Bleeding
- × Heart Attacks and Angina
- × Stroke
- × Anaphylactic Shock Bone, Joint and Muscle Injuries
- × Chest Injuries
- × Burns and Scalds
- × Sudden Poisoning
- × Diabetes
- × Head Injuries

### First Aid at Work Course Duration

18 Guided Learning Hours.

Usually run over 3 Days, 9:30 - 16:30

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## First Aid at Work Course Prerequisite

There are no prerequisites for the First Aid at Work Course. Please inform us of any learning or physical special needs that any learners may have prior to the course, so that we can cater for these.

## First Aid at Work Course Assessment Process

This course is assessed by 3 practical assessments and 1 multiple choice paper.

## First Aid at Work Course Renewal Process

It is strongly recommended by the HSE that learners undergo an annual ½ day First Aid Refresher Course to keep their skills up to date.

After 3 years learners must undertake a 2 day First Aid at Work Requalification Course to keep their First Aid at Work qualification valid.

## Other Courses of Interest

- ✗ HSE First Aid at Work Requalification
- ✗ First Aid Annual Refresher
- ✗ AED (*Defib*)
- ✗ First Aid and Defib Instructors with Level 3 PTLLS
- ✗ Fire Marshall (*includes practical fire extinguisher use*)

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