



First Aid at Work Course

The First Aid at Work Course is a comprehensive, three-day course designed to give delegates the knowledge, skills and confidence to help in most first aid situations found in the workplace. The First Aid at Work Course also looks at the responsibilities of the first aider. On successfully completing this course, attendees will be confident, safe, prompt and effective first aiders.

Who is the First Aid at Work Course for?

- Those appointed as first aiders in larger, or high-risk organisations, such as factories, construction, engineering etc.
- Anyone interested in having a comprehensive knowledge and skills in first aid techniques.

What is in the First Aid at Work Course syllabus?

- What is first aid
- Legal requirements of first aid in workplaces
- Responsibilities of the emergency first aider
- Primary survey
- CPR
- Basic principles of AED use – turning AED on, pad placement and following instructions
- Recovery position
- Choking
- Shock
- Bleeding - **can include catastrophic bleeding and the use of tourniquets, please let us**

know in advance if you require this to ensure we have correct equipment.

- Minor injuries – includes superficial burns, splinters, scrapes and grazes
- Breathing issues – includes asthma, hyperventilation & smoke inhalation
- Shock related conditions – includes heart attacks, angina, fainting & anaphylactic shock
- Poisoning
- Head injuries – includes general bumps, concussion, cerebral compression, skull fractures, spinal injuries & strokes
- Bone joint and muscle injuries

How long does it take to complete the First Aid at Work Course?

- This course is normally completed over 3-days, 18 contact hours.
- The course can be run in consecutive days, or over three weeks.
- The course can be run over multiple sessions; however, this costs more to deliver the course in this way. Please let us know when booking the course that you require more than one session.

What will be included in my First Aid at Work Course?

- Training to national standards
- Manual for each learner
- Certificates on successfully completing the course and assessments, for each person

How is the First Aid at Work Course Assessed?

- Practical assessments to ensure competency in each assessment criteria
- Two written multiple-choice examinations
 - 30-minute examination at the end of day one
 - 30-minute examination on day three
 - Each paper consists of 20 questions
 - Pass mark for each paper is 15

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How is the First Aid at Work Course certificated, or Accredited?

-  The First Aid at Work Course is accredited through the First Aid Industry Body
-  Good Skills Training's registration number is 1765/97 (132)
-  On successfully completing the assessment all learners receive an A4 certificate (we can produce credit card certificates as well if required, please ask us for details on this)

How do I renew my First Aid at Work Course?

-  It is strongly recommended by the Health and Safety Executive that all first aiders undergo ½ day annual refresher training.
-  The First Aid at Work Certificate is valid for 3 years. At this point you undertake a two day First Aid at Work Re-qualification Course.

What routes for progression are there after my First Aid at Work Course?

-  AED Course
-  First Aid Instructor Course



The First Aid Industry Body

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