

**Intended for:** Individuals who are nominated as EFAW or business's who need to manage first aid requirements for offices or work sites and take responsibility for first aid arrangements to comply with the needs of the Health and Safety (First Aid) Regulations 1981.

**Introduction:** A 1 Day HSE approved First Aid course. Covers all the skills necessary, ranging from initial survey, administering first aid through to recording accidents in the workplace.

## CONTENT

**Knowledge:** The elements covered over the day include:

- First Aid Priorities
- Managing Incidents
- Basic Life Support
- Examination of a Casualty
- Unconsciousness
- Control of Bleeding
- Burns and Scalds
- Regulations
- First Aid Kits
- Recording and Reporting

**Practical skills:** Casualty handling;  
Administration of first aid safely, promptly and effectively to:  
a casualty who is unconscious;  
a casualty who is wounded or bleeding and/or in shock;  
a casualty who is choking, or who has difficulty breathing;

Administration of cardiopulmonary resuscitation promptly and effectively;  
Provision of appropriate first aid for minor injuries.

**Entry Requirements:** No specific entry requirements

**Medical Req:** A self-certified statement of reasonable medical fitness will be required prior to attendance.

**Assessment Method:** Written and practical assessment.

**Course Duration:** 1 day                      **Candidate Ratio:** 1:12 maximum

**Revalidation Period:** Certification valid for 3 years.