

## First Aid at Work (Regulated First Aid Qualification)



**Duration:**

Three days

The First Aid at Work course is run over three days and includes both theory and practical sessions. By arrangement the course can be run on non-consecutive days, for example - one day a week over three weeks.

**Group Size:**

Maximum 10 learners

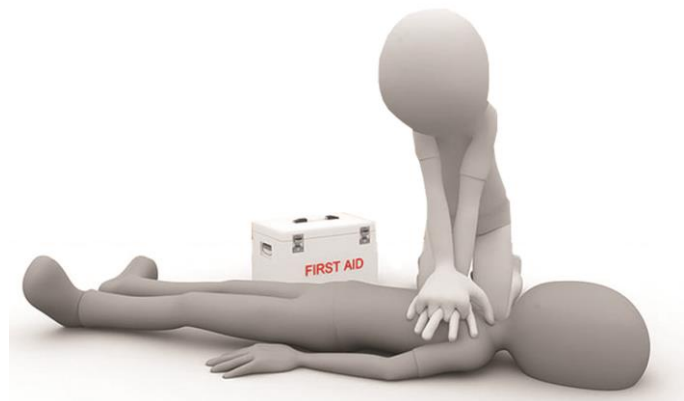
**Who should attend?**

Nominated workplace first aiders, employees who require a first aid at work (FAW) certificate to comply with the Health & Safety (First Aid) Regulations 1981 requirements, or anyone wanting a comprehensive introduction to first aid. (For requirements see free downloadable legislation <http://www.hse.gov.uk/firstaid/legislation.htm>).

Learners must be physically able to carry out the procedures detailed in the course outline and must attend all sessions to be eligible for assessment.

**Course content:**

- First Aid Priorities
- Managing Incidents
- Basic Life Support
- Examination of a Casualty
- Unconsciousness
- Control of Bleeding
- Fractures
- Burns and Scald
- Common Illnesses
- Heart Attacks
- Eye Injuries
- Dressings
- Recording and Reporting
- Regulations
- First Aid Kits



Learners are independently examined on the final afternoon of the course.

Upon successful completion certification is valid for three years, after which a re-qualification course becomes necessary.

Under the current guidelines it is "strongly recommend" that first aid trained staff attend a half-day update every twelve months before completing full re-qualification training at the three year point.