

# Emergency First Aid at Work (1-day course)



## Course Overview

Delegates wishing to act as an emergency first aider for their workplace. This content is in line with HSE recommendations.

## Suitable for / Pre Requisites

Delegates must be able to carry out the practical elements from course. Minimum age 16.

## Course Outline

- Welcome and introduction
- Dealing with an emergency
- Unresponsive breathing adult
- Unresponsive not breathing adult
- Seizures
- Choking
- Use of AED
- Hygiene techniques
- Bleeding and wounds
- Shock
- Accident recording, reporting and COSHH
- Burns



### Mode of delivery

Continuous assessment by observation, practical and questioning



### Duration

6 hours



### Primary Location

Osmose Europe, Morley



### Capacity

12 Delegates



### PPE Required

None



### Follow-up

Every 3 years



### Certification

Emergency First Aid at Work