

First Aid at Work 3-Day Course



Course Aims

To provide first aiders with the skills and knowledge they need to obtain their first aid at work certificate.

Suitable for / Pre Requisites

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

Course Outline

Day 1

- Welcome and introduction
- Dealing with an emergency
- Unresponsive breathing adult
- Unresponsive not breathing adult
- Heart attack
- Angina attack
- Use of AED
- Choking
- Seizures

Day 2

- Accident recording, reporting and COSHH
- Burns
- Harmful substances
- Hygiene techniques
- Bleeding and wounds
- Shock and internal bleeding

Day 3

- Heat and exhaustion
- Heat stroke
- Hypothermia
- Diabetic emergency
- Severe allergic reaction
- Stroke
- Feeling faint
- Head injury
- Bone, muscle and joint injuries



Mode of delivery

Continuous assessment by observation, practical and questioning



Duration

3 days - approx. 18 contact hours



Primary Location

Osmose Europe, Morley



Capacity

12 Delegates



PPE Required

None



Follow-up

Every 3 years



Certification

First Aid at Work & Osmose University certificate