



Emergency First Aid at Work (One Day)

Course Reference: EFAW/002/SFB

What's the course all about? The Emergency First Aid at Work course is designed to enable key members of staff to administer emergency first aid assistance.

What will I learn? The course is designed to achieve a basic level of emergency aid so that the emergency responder is able to take charge of first aid arrangements when necessary.

Exactly What Will I Do? On completion of the course candidates should be able to:-

- Understand the role of a first aider including reference to:
 - The importance of preventing cross infection;
 - The need for recording incidents and actions;
 - Use of available equipment
- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency;
- Administer first aid to a casualty who is unconscious (including seizure);
- Administer cardiopulmonary resuscitation;
- Administer first aid to casualty that is choking;
- Administer first aid to a casualty who is wounded or bleeding;
- Administer first aid to a casualty that is suffering from shock;
- Provide appropriate first aid for minor injuries.
- Understand how to use a Defibrillator safely.

Who should attend? The course can be adapted to suit a particular audience so is ideal for a range of businesses, in accordance with the Health and Safety (First Aid) Regulations 1981.

Student Requirements: No previous training required

How long will it last? 1 Day

How many will be there? Maximum of 12



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Do I get anything to take away? On successful completion of the course delegates will receive certificate of attendance saying the courses meets the requirements specified by the Health and Safety (First Aid) Regulations 1981.

What other courses can I do after this one? There are plenty of progression courses for you to choose from:

- 3 Day First Aid at Work
- 2 Day First Aid at Work Refresher
- Defibrillator training

Where and When? We have courses running at our premises throughout the year. We can also put on a course specifically for you and your team at your premises.

What about Food and Drink? We really don't want you to worry about anything so we have made sure we think of everything especially the catering arrangements. For this course we provide drinks and a cold buffet at lunchtime.

What's it going to cost me? Individual costs at our training facility are £95 + VAT. Prices for courses at our premises include catering, but vat should be added.

What do I do now?

Contact us 08456 344164, or;

E-mail us at kate@safetyforbusiness.co.uk