

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

### Who should attend this course?

This course is designed for people who want to receive training in emergency first aid and is especially suited for nominated first aiders in smaller, low risk working environments which present few health and safety risks.

### What will you learn?

The content of this course provides basic life saving first aid and workplace health and safety regulations, covering the following:

- Health and safety (first aid) regulations
- Managing an incident
- The priorities of First Aid
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Chocking
- Seizures



Candidates attending our workplace First Aid courses are trained and assessed by one expert trainer/assessor whilst the course is progressing. Assessment will be through observation along with some written exercises. Whilst these written elements are straightforward, candidates need a basic command of English (defined as Level 2).

All successful candidates on this course receive their Assessment and Certification

This course is ideal for smaller workplaces that present few health and safety risks.

