

FIRST AID AT WORK

5 DAYS

FIRST AID AT WORK

Duration: 3 days

Suitable for all staff, this course gives learners the practical skills to act as a competent first aider at work.

The course specifically covers:

- Aims and principles of first aid
- Care of the unconscious casualty
- Resuscitation and CPR
- Control of bleeding and minor wounds
- Shock
- Heart attack, stroke, diabetes, asthma and epilepsy
- Choking, poisoning, eye injuries and burns and scalds
- Head injuries, spinal injuries, fractures, dislocations and sprains and strains
- Recognition of illness and injury
- Record keeping
- Content of the first aid box
- Legal requirement

The First Aid at Work qualification is valid for a period of 3 years, after which individuals will be required to attend a requalification course.

Progression: IOSH Managing Safely

FIRST AID AT WORK REQUALIFICATION

Duration: 2 days

Available for 28 days after the expiry date of an existing certificate, this course updates individuals' first aid expertise.

Revisiting the topics covered in the initial First Aid at Work course, it ensures individuals remain competent in dealing with accidents/illnesses in the workplace.

THE COURSES

Interactively delivered by specialist trainers to provide individuals with an engaging, practical learning experience, Groups first aid courses equip individuals with the essential skills and knowledge needed to confidently administer first aid in the workplace. On completion of each course, individuals will achieve a System Group certificate evidencing their newly attained, up-to-date, relevant abilities, whilst also demonstrating their competence to respond appropriately in the event of an emergency or minor incident.

*Excluding the First Aid Annual Refresher course

FIRST AID ANNUAL REFRESHER

Duration: 1/2 day

Strongly recommended for existing first aiders, this course refreshes and updates learners' first aid skills and knowledge between requalification courses.

The course specifically covers:

- Assessing emergency situations
- Care of the unconscious casualty
- Resuscitation including CPR
- Wounds and bleeding
- Shock
- Preventing cross infection
- Reporting accidents

Progression: IOSH Working Safely; IOSH Managing Safely

BENEFITS TO THE INDIVIDUAL

- Gain a recognised qualification
- Develop your skills
- Expand your knowledge
- Know how to react in an emergency situation
- Have confidence in your abilities

BENEFITS TO THE EMPLOYER

- Highly trained, knowledgeable workforce
- Ensure legal compliance
- Improve staff retention
- Help safeguard your staff
- Promote cost-effectiveness

EMERGENCY FIRST AID AT WORK

Duration: 1 day

Aimed at all persons who are required to act as an Emergency First Aider, this course provides learners with a fundamental understanding of how to deal with accidents/ illness in the workplace.

The course specifically covers:

- Introduction to first aid
- Care of the unconscious casualty
- Resuscitation including CPR Shock
- Choking
- Wounds and bleeding
- Minor injuries
- Preventing cross infection

Progression: First Aid at Work

PAEDIATRIC FIRST AID

Duration: 2 days

Ideal for anyone who works with young people, this course equips learners with the specialist skills, knowledge and competence required to deal with accidents and emergencies involving children and infants.

The course specifically covers:

- Aims and principles of first aid
- Care of the unconscious casualty
- Resuscitation and CPR
- Control of bleeding and minor wounds
- Shock
- Diabetes, asthma, epilepsy and meningitis
- Choking, poisoning, eye injuries and burns and scalds
- Head injuries, spinal injuries, fractures, dislocations and sprains and strains
- Recognition of illness and injury Record keeping
- Contents of the first aid box

Progression: IOSH Working Safely; IOSH Managing Safely; First Aid at Work

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