

# 1 Day Emergency First Aid/ Appointed person course



<b>Course Duration</b>	1 Day – 9am until 5.00pm Approx (Lunch 30 mins, and 2 x 15 mins breaks morning and afternoon)
<b>Who will Benefit</b>	A minimum six-hour programme (one day) for those who wish to gain knowledge of emergency procedures and attain a recognised qualification in First Aid.
<b>Relevant Legislation</b>	First Aid Regulations of 1981 - First Aid coverage in the workplace is a legal requirement
<b>Aims/outline of Training</b>	<p>Where an employer's assessment for the First Aid needs identifies that a Four-day FAW qualification is not necessary, the minimum employer's requirement is to appoint a person to take charge of the First Aid arrangements.</p> <p>This includes looking after the equipment and facilities, and calling emergency services when required. Arrangements should be made for an Appointed Person to be available for these duties at all times when people are at work.</p> <p><b>Note:</b> Appointed Persons are not First Aiders and should not attempt to give First Aid for which they have not been trained.</p>
<b>Maximum Number of Delegates</b>	Min 6 – Max 12
<b>Resources Required</b>	<p><u>Client to provide:</u></p> <ul style="list-style-type: none"> <li>• Training room to accommodate a maximum of 12 people with 240V power supply, and room to move around and use floor space for practical element of course</li> </ul> <p><u>Trainer to provide:</u></p> <ul style="list-style-type: none"> <li>• Training Equipment (course notes, PowerPoint, DVD, Annies, and first aid practical equipment)</li> </ul>





## 1 Day First Aid Course Programme Outline

Day 1	<ol style="list-style-type: none"><li>1. What is First Aid?</li><li>2. First Aid in the Workplace</li><li>3. Responsibilities of the Appointed Person</li><li>4. Action at an Emergency</li><li>5. Primary Assessment</li><li>6. Secondary Assessment</li><li>7. Breathing and Circulation</li><li>8. Principles of Resuscitation</li><li>9. Airway Obstruction</li><li>10. Disorders of Circulation</li><li>11. Bleeding</li></ol>
-------	---

