



# 4 Day First Aid @ Work course

<b>Course Duration</b>	<p>4 Days – 9am until 4.30pm Approx (6 hrs per day = min 24hrs training required by HSE)</p> <p>3 Days - 08.30am – 5.30pm (8hrs per day = 24hrs training) This course can be condensed in to 3 days in length on request</p> <p>(Lunch 30 mins, and 2 x 15 mins breaks morning and afternoon)</p>
<b>Who will Benefit</b>	<p>All personnel who are appointed as the workplace Emergency First Aider will require to be fully aware of their duties as a First Aider and to administer appropriate assistance if the need arises</p>
<b>Relevant Legislation</b>	<p>This is a Health and Safety Executive approved four-day course that complies with the HSE (First Aid) Regulations of 1981 - First Aid coverage in the workplace is a legal requirement</p>
<b>Aims/outline of Training</b>	<p>The aims and objectives of the HSE (Health &amp; Safety Executive) First Aid at Work course is to enable individuals designated as the First Aider in the workplace to carry out the appropriate first aid in cases of emergency.</p> <p>The course is designed to ensure that all candidates are fully aware of their duties as a First Aider and to administer appropriate assistance if the need arises in the workplace</p> <p>Upon successful completion of the course and final assessment, the delegate will receive the HSE approved, nationally recognised First Aid at Work Certificate, valid for three years.</p> <p>This certificate would enable the holder to act as a First Aider in the workplace under the 1981 (First Aid) Regulations.</p>
<b>Maximum Number of Delegates</b>	<p>Min 6 – Max 12</p>
<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>



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## 4 Day First Aid Course Programme Outline

<b>Day 1</b>	<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 First Aider</li><li>4. Action in 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. Disorders of Respiration</li><li>10. Airway Obstruction</li></ol>
<b>Day 2</b>	<ol style="list-style-type: none"><li>1. Disorders of Circulation</li><li>2. Disorders of Consciousness</li><li>3. Wounds and Bleeding</li><li>4. Incident Management</li><li>5. CPR and EAV – Child and Baby</li><li>6. Bites and Stings</li></ol>
<b>Day 3</b>	<ol style="list-style-type: none"><li>1. Burns and Scalds</li><li>2. Bones, Joint and Muscle Injuries</li><li>3. Poisoning</li><li>4. Incident Management</li><li>5. Foreign Objects</li><li>6. Effects of Heat and Cold</li></ol>
<b>Day 4</b>	<ol style="list-style-type: none"><li>1. Casualty Management</li><li>2. Resuscitation Procedures</li><li>3. Incident Management</li><li>4. External HSE Assessor Assessment</li></ol>

