

# First Aid at Work Re-Qualification

## Description:

The course aims to teach delegates all aspects of providing first aid in emergencies, with an emphasis on those occurring in the workplace. Dealing with 'life threatening' situations is covered as well as recognising and responding to some of the more common ailments that may be encountered.

## Objectives:

On completion of the course, delegates will be able to identify and address:

- Roles and responsibilities of the designated person
- Roles of the first aider
- Principles of first aid
- Legal requirements and employer and employee responsibilities
- First aid kits
- Aims and priorities of first aid
- The emergency action plan
- Cardiopulmonary resuscitation
- Use of an automated external defibrillator (AED)
- The recovery position
- The modified resuscitation position
- Administering first aid to an unconscious casualty
- Carrying out a secondary assessment
- Head injuries
- Chest injuries
- Asphyxiation
- Wounds and bleeding
- Tourniquets
- Haemostatic dressings
- Electric shock
- Seizures
- Stroke care
- Anaphylaxis
- Asthma
- Heart attack
- Burns
- Diabetes mellitus
- Fractures and spinal injuries
- Sprains and strains
- Poisoning
- Eye injury
- First aid for minor injuries

## Suitability:

The course is designed for people who need to fulfil the role of First Aider in the workplace. It is also ideal for those who wish to have sufficient knowledge to be able to provide assistance in an emergency at home or outside the workplace.

## Qualification:

Upon successful completion of a written and practical examination, a First Aid at Work qualification is awarded which is valid for 3 years.

## Prerequisites:

Ability and willingness to perform the duties of a first aider.

## Course Size:

The maximum number of delegates per session is 12.

## Typical Interest Groups:

Employers and employees required to comply with the requirements of the (First Aid) Regulations 1981.

## Duration:

2 Days X 7 Hours

