Lone Worker First Aid

Description:

The course aims to teach participants the basic aspects of dealing with emergencies while alone. The course emphasises those that occur in the workplace. The focus is on dealing with potentially 'life-threatening' situations alone and preparing to deal with these situations.

Objectives:

On completion of the course delegates will be able to identify/manage/address:
Responsibilities of:

- Employers
- First aider

- Prepare to work alone
- The principles of first aid
- Emergency procedures - calling for help
- Bleeding and minor injuries
- Bandages and dressings
- Broken bones
- Burns and scalds
- Shock
- Anaphylaxis
- Asthma
- Personal first aid kits
- Record keeping

Typical Interest Groups:

Typical interest groups include employees in the workplace who may be expected to work alone frequently for long periods of time.

Duration:

3 Hours

Suitability:

This course is particularly suited to employees whose job regularly involves working where no other party may be present to administer help if an injury were sustained.

Qualification:

On completion of the course, delegates will receive a Lone Worker First Aid certificate that is valid for 1 year.

Course Size:

The maximum number of delegates per session is 10.

Prerequisites:

Nil.