

Health & Safety In-House Certification First Aid at Work

A three day Health and Safety Executive Approved course to enable delegates to obtain their First Aid at Work certificate.

Aim: For candidates to achieve their Health and Safety Approved 'First Aid at Work' certificate that is valid for 3 years

Benefits: Participants will be able to:

- ◆ Obtain effective skills in both the practical tasks and theoretical knowledge of first aid
- ◆ Deal competently with injuries and/or illnesses and maintain the care and comfort of the casualty in the initial stages until professional help arrives

Programme:

◆ Welcome and Introduction to the Course	◆ Eye injuries
◆ Aims and Objectives	◆ Soft tissue injuries
◆ Principles of First Aid	◆ Seizures
◆ Recovery Positions	◆ Asthma
◆ Basic Hygiene	◆ Record Keeping
◆ Treatment of bleeding	◆ Unconsciousness/levels of response
◆ Fractures/Dislocations	◆ Choking
◆ Strokes	◆ Shock/Fainting
◆ Anaphylactic Shock	◆ Injury / Illness Assessment
◆ First Aid kits/Supplies	◆ Fractures/Dislocations
◆ Initial Assessment of incident	◆ Heart Attacks/Angina
◆ Resuscitation	◆ Diabetes
◆ Burns and Scalds	◆ Poisons, gasses and fumes

Approach: This programme uses a mixture of practical sessions and instructions. All delegates will receive an up to date First Aid manual for their personal use
(Ladies are advised to wear trousers)

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