



## *Four Day First Aid at Work Course*

### **Description**

It is a requirement of the Health & Safety law that employers should provide a safe and healthy environment for their employees. If the assessment of First Aid needs highlights the need for qualified First Aiders, then this course will provide you with suitable, highly trained personnel.

This comprehensive four-day course covers a wide range of First Aid emergencies, enabling all participants to deal with an emergency situation with confidence in a prompt, safe and effective way. Our course will give the participants a qualification to the highest level of First Aid, meeting the statutory requirements of the Health & Safety (First Aid) regulations 1981.

### **Duration**

A minimum of 24 hours spread over at least 4 days. Ideally the course needs to be run over 4 consecutive days, but we have the flexibility to accommodate your specific needs if you so desire.

### **Syllabus**

A wide range of subjects is covered including:

Legalities, responsibilities and reporting	Assessment of the Situation		
Dealing with an unconscious casualty	Resuscitation		
Heart Attacks	Choking	Poisoning	Control of bleeding
Bandaging	Fractures	Burns	Head injuries
Eye injuries	Sprains	Strains	Shock

If your organisation has a specific area of training that is not included, or you require a more in- depth session, then we can accommodate you by providing training in that particular subject.

### **Certification**

Subject to assessment, all participants will be issued with a First Aid at Work certificate approved by the Health & Safety Executive.

This qualification is valid for 3 years and can be renewed by attending a two day refresher course.

### **Numbers**

A maximum of 12 students can be accommodated on this course and each participant must be aged a minimum of 16 years.

### **Location**

We are able to deliver this course on your site, subject to adequate room space reducing your costs in respect of additional time out and travelling.

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