

First Aid at Work (18 hour)



The blended learning programme enabling you meet the requirements of the HSE for First Aiders working in medium to high-risk environments

This qualification will equip the first aider with skills to be able to confidently undertake emergency first aid if someone becomes ill or injured at work and provide effective care for a wide range of common workplace injuries and illnesses. Our Blended First Aid at Work training consists of 6 hours online learning followed by 12 hours of instructor led tuition, delivered over 2 days, with emphasis throughout on practical application of first aid skills.

Our course will cover:

- The treatment and priorities of care for an unconscious patient
- The recognition of cardiac arrest and delivery of cardio-pulmonary resuscitation (CPR) and use of a defibrillator (AED)
- The ability to safely and promptly treat a patient who is bleeding
- Recognition and treatment of shock
- Management of burns and scalds
- Injured bones, muscles or joints
- Poisonings
- Major illness e.g. heart attack, diabetes and other significant conditions
- The keeping of simple records following an accident at work.

By choosing our training programme candidates will receive:

- A comprehensive student resource pack with market leading first aid reference manual for use during and after the course
- Professional training delivered by a quality assured and experienced instructor
- Active learning strategies with opportunity for practice in small, relaxed groups
- Fully interactive presentation materials that use a graphical approach to learning
- The opportunity to register with WorkSafe to access special offers and first aid updates.

This course has a formal assessment process which includes a written assessment of the learners' first aid knowledge as well as practical assessment of their ability to perform safely and effectively in a range of first aid situations.

On successful completion a WorkSafe certificate will be awarded, valid for 3 years.

Book on one of our open courses or discuss a group booking for training at your venue.

Cost per candidate: £150

Open Course Dates: Feb 18 & 19 / Apr 3 & 4

May 28 & 29 / July 10 & 11 and 21 & 22

Aug 15 & 15 / Oct 20 & 21



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