

Emergency First Aid at Work

Duration:

One day

Objective

The new Six Hour Emergency First Aid at Work supercedes the old 'First Aid Appointed Person' course but continues to cover essential emergency lifesaving techniques and skills, giving you confidence to deal with incidents in a 'Low Hazard' workplace. This practical, hands-on course can be tailored to the needs and situation of your workplace, ensuring it is relevant and at a time and date that suits you.

Emergency First Aid at Work for Appointed Persons Certificates are valid for three years and it is strongly recommended that an annual Three Hour refresher course is taken to remain up to date with any changes that may occur.

Contents

Priorities of First Aid, approved code of practice

Basic Safety at the Scene

Understanding of the Injury

Airway management

Cardio-Pulmonary Resuscitation (CPR)

Defibrillation

Breathing Assessment

Administration of Oxygen

Bleeding and Hemorrhage Control

Dealing with Burns

Basic Head Injury management

Medical emergencies

Content of First Aid Boxes

Simple documentation

Who should attend

Employees who wish, or are required to be able to act in the role of first aider in low-risk work environments. For a definition of what is considered a low risk environment, you can either contact us directly, or check with HSENI for their recommended guidelines.

Course benefits

This one day course is Certified by the Health & Safety Executive (HSE and HSENI) as suitably qualifying individuals as able to perform basic First Aid duties in the workplace.

Additional information

We use a combination of scenarios and practical work to enthuse and inform our delegates. Cosensa trainers are chosen for their practical experience gained in real life situations and for their ability to inspire delegates.

Certificates

All delegates who successfully complete this course will receive a certificate of attendance.

Trainers background

The trainer for this course is a qualified Paramedic with over thirty years in the Ambulance service and has extensive experience in design and delivery of first aid programmes. Although dealing with a serious subject matter, he has a fabulous ability to make the

course enjoyable with humour and anecdotes.