

First Aid at Work - 3 Day Qualified First Aider

Duration:

Three days

Objective

The First Aid at Work training course will provide delegates with the skills needed by first aiders in most workplaces to become a confident first aider at work. Delegates will leave this course equipped with both the ability and knowledge to deal with first aid emergencies. The course is fully compliant with both The Health and Safety (First-Aid) Regulations 1981 and 'Health and Safety (First Aid) Regulations (Northern Ireland) 1982'.

Contents

General principles of First Aid, Approved Code of Practice

Management of an incident

Functions of the body

Wounds and external bleeding

Internal bleeding, shock, anaphylaxis, and heart disorders

Breathing disorders

Resuscitation

Burns, scalds and corrosive chemicals

Electrical injuries

Poisons and substances capable of causing poisoning

Causes of unconsciousness, strokes and head injuries

Personal hygiene when dealing with wounds etc

- Application of sterile dressings and bandages

Injuries to bones, joints and muscles

- Chest and back injuries

- Immobilisation of fractures - upper and lower limbs

- Fracture of spine and pelvis

Handling and transport of injured

Record keeping, contents of First Aid Boxes

Examination - practical and theoretical

Who should attend

All personnel requiring training to become Certificated First Aiders for the purposes of the Health and Safety (First Aid) Regulations 1981.

Course benefits

All individuals who wish to become qualified in administering First Aid treatment in emergency situations will benefit from this course.

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

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The trainer for this course has extensive experience in delivery of First Aid training, providing training for a range of public and private sector clients who deal with adults and children.