

First Aid at Work (FAW)

3 Day HSE approved course

First Aid equipment and first aid trained personnel at the workplace are requirements of Health & Safety law. In emergencies, First Aiders can act to prevent situations becoming major issues and can limit potential sick leave through prompt action.

All organisations must comply with Health & Safety (First Aid) regulations. If a risk assessment identifies that First Aiders are needed, this Health & Safety approved course is essential.

Course Aims

To enable candidates to summon help & give prompt and efficient First Aid to a casualty at the workplace following an injury or illness using material to hand and HSE approved first aid equipment.

Day 1

- Introduction to First Aid.
- Course requirements & qualifications.
- Important notes on First Aid.
- The aims of First Aid.
- Accident Management.
- Primary & secondary Surveys.
- Breathing Problems.
- Resuscitation & Cardio Pulmonary Resuscitation.

Day 2

- Circulatory Problems.
- Heart Attack.

- Stroke.
- Shock.
- Control of Bleeding.
- Slings & Dressings.
- Internal Bleeding.
- Chest Injuries.
- Diabetes.
- Causes of Unconsciousness.
- Burns.
- Skeletal Injuries.

Day 3

- Revision.
- Eye injuries.
- Duties as a First Aider.
- HSE Regulations & contents of a typical first aid at work kit.
- Final Assessment:**
 - Unconscious casualty management/ Recovery position
 - CPR
 - Conscious casualty management

Award

A Certificate of Competence approved by the Health & Safety Executive will be awarded upon successful completion of the course. This will be valid for three years.

Course Duration

This course is run over a period of 3 days.

Number of Delegates

Maximum 12

Cost On application

***Please check our website for details of 'open courses'.**

www.twynhamtraining.co.uk