



FIRST AID | AT WORK - 3 DAY

Course Code: FAW03 | Title: First Aider | Duration: 3 Day (Minimum of 18 hours required)
Delivery: Face To Face

Course Description:

This comprehensive Three Day First Aid at Work course provides in-depth training to equip delegates with essential knowledge and hands-on experience needed to respond effectively in workplace first aid situations. Through engaging practical exercises and real-life scenarios, participants will develop the confidence and competence to handle a wide range of first aid emergencies.

Our interactive approach ensures that delegates not only understand key concepts but are also fully prepared to apply their skills in practical situations. By following Health and Safety (First Aid) Regulations 1981, this course meets the latest standards to ensure your workplace is safe and prepared for medical emergencies.



Who Should Attend First Aid At Work Three Day Certificate Training?

- Team Leaders and Supervisors
- Teachers and Educators
- Construction Workers
- Sports Coaches and Fitness Instructors

Certification:

For completing this course, candidates will receive a certificate to become an Emergency First Aider.

Course Contents:

- **First Aid:** Elements of First Aid Paediatric will be included
- **Role and Responsibility:** Refresh knowledge on the role and responsibilities of a first aider
- **Emergency Action:** Handle emergencies effectively with prompt and safe care
- **Casualties:** Provide care for unconscious casualties, including managing bleeding and wounds
- **Injuries to Bones and Muscles:** Manage musculoskeletal injuries with confidence
- **Burns and Scalds:** Treat burns and scalds safely and efficiently
- **Poisoning:** Respond to and manage cases of poisoning effectively
- **Injury Assessment:** Recognise and respond to both major and minor injuries
- **CPR Practice:** Master Cardio Pulmonary Resuscitation (CPR) techniques
- **Casualty Prioritisation:** Prioritise and manage casualties during emergencies
- **Shock Management:** Manage shock and stabilise casualties in critical situations
- **Choking Response:** Handle choking incidents calmly and effectively
- **Illness Recognition:** Identify and respond to minor and major illnesses
- **AED Use:** Practise using an Automated External Defibrillator (AED)

***BESPOKE COURSES | All of our courses can be easily tailored to suit any company.**
Course duration and level can be changed, depending on content, company & individuals*