



# Initial First Aid at Work

## Course Profile

This comprehensive course is the flagship course that gives students the confidence and skills to provide first aid in all risks of workplace

### Duration

18 hours

### Who is this course suitable for?

This course is ideal for anyone over 16 years old who will be providing first aid in any workplace

Students need to have the qualities and attitudes you would expect of a first aider who is looking after someone who has suddenly become ill or injured

### Certification

This course leads to the award of a First Aid at Work certificate on successful completion

There is a final assessment to check the practical skills of the first aider

### What does the course cover?

- ❖ Role of a First Aider at work
- ❖ Assessment & control of situations
- ❖ Care of unconscious casualties
- ❖ Resuscitation (CPR)
- ❖ Bone and soft tissue injuries
- ❖ Eye injuries
- ❖ Anaphylactic (allergy) shock
- ❖ Minor & major bleeding (inc. shock)
- ❖ Choking
- ❖ Management of minor injuries
- ❖ Recognise worsening of medical problems
- ❖ Burns and scalds
- ❖ Poisoning
- ❖ Chest injuries

### Why choose us?

- ❖ We ensure our courses are as fun, practical and student-led as possible
- ❖ Our Trainers include nurses & paramedics with excellent teaching credentials
- ❖ We have been nominated for a National Training Award for “Training Excellence”
- ❖ We exceed the training standards recommended by the HSE

Approved by the **Health & Safety Executive** to provide First Aid at Work training  
Approval No: 1422/94 [www.FirstAidTraining.org.uk](http://www.FirstAidTraining.org.uk)

**First Aid Training**