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# First Aid at Work

Number of delegates: 6

**Duration:** 3 days **Location:** Horsley Cross



#### Who should attend

This course is designed for those delegates whose workplace is at a higher risk of accident or incident or for people with a particular interest in First Aid.

## Objectives

By the end of this course delegates will have a basic understanding of the following:

- The role of the first aider
- Managing an emergency
- · Communication and casualty care
- Asthma
- Bleeding (minor and severe)
- Bone, muscle and joint injuries
- · Burns and scalds
- Chest pains (including heart attack)
- Choking (adult)
- Eye injuries
- Fainting
- Head injuries
- · Health and safety (first aid) regulations
- Low blood sugar
- Poisoning
- Resuscitation (adult CPR)
- Seizures (adult)
- Severe allergic reaction
- Shock
- · Spinal injuries
- Stroke
- Unconscious casualty

## Learning approach

The course is classroom based with interactive powerpoint presentation and hands on scenarios.

A free first aid kit is provided to all delegates along with a colourful workbook.

A certificate is provided to all delegates on successful completion of the course which is valid for 3 years.

#### **Pre-requisites**

None required, however the candidate will need to speak and understand English.