



1 DAY

CLASSROOM BASED

IN-HOUSE

First Aid at Work

The First Aid at Work training course is an HSE-recognised, comprehensive program that equips participants with essential first aid skills. Designed for those working in higher-risk environments such as construction sites, warehouses, and factories, this course enables learners to respond effectively to a wide range of emergencies. Participants will gain both theoretical and practical knowledge, meeting the standards required by the Health and Safety (First Aid) Regulations.

Who Should Attend?

This course is perfect for those who are nominated to become first aiders in smaller, low-risk workplaces. It's particularly suited for office-based employees, or anyone who needs basic first aid training covering emergency situations.

Key Course Features

- Duration: 1 day
- Location: Classroom-based training
- Group Size: Maximum of 12 participants for an effective learning experience

Topics Covered

- Adult resuscitation (CPR)
- Burns and scalds
- Choking (adult)
- Casualty care and communication
- Defibrillator usage (theory-based)
- Managing minor and severe bleeding
- First aider responsibilities & health and safety regulations
- Seizures, shock, and unresponsive adults

Learning Outcomes

By the end of this course, participants will be able to:

- Confidently perform CPR and use an Automated External Defibrillator (AED)
- Respond to an adult who is choking, bleeding heavily, or suffering from shock
- Recognise and treat seizures, burns, and unresponsive adults

Assessment and Certification

- Continuous assessment through trainer observation.
- No formal exam required.
- Participants should have a good command of spoken and written English.

Course Requirements

- Learners must be physically able to perform the required tasks.
- If you have concerns about the language requirements, please contact us prior to booking.
- This course offers practical, hands-on training to give you the confidence to apply first aid in real-life emergencies.

For further details or to book your place please call us on 01794 330925 or email info@carlinltd.co.uk

Speak with our Learning and Development Director today to design a bespoke training solution that perfectly aligns with your organisation's goals and industry.