7Y TRAINING
TRAINING THAT BUILDS CONFIDENCE
Keep Stepping Up.

Emergency First Aid At Work

Practical, accredited training giving learners the skills and confidence to respond to workplace emergencies.

DURATION
1 day

DELIVERY
Leominster or suitable locations across the UK

SUITABLE FOR
Workplace First Aiders

Certification
Awarding body / qualification details

About This Course

The Emergency First Aid at Work course is designed for people who may need to provide immediate First Aid in the workplace.
The course combines practical training with essential knowledge, helping learners develop the skills and confidence to respond appropriately in an emergency until further medical assistance is available.

Why Choose 7Y Training?

✓ Experienced, qualified instructors

✓ Practical, engaging training

✓ Accredited qualifications

✓ Training available across the UK

✓ Friendly, personal service

Talk to Paula today

📞 07808 670110
✉️ paula@7ytraining.co.uk

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WHAT YOU'LL LEARN

By the end of this course, learners will have developed practical skills and knowledge to respond to a range of emergency situations confidently and effectively.

✓ The role and responsibilities of a First Aider
✓ Assessing an incident and managing the situation
✓ Unresponsive casualties
✓ CPR and use of an AED
✓ Recovery position
✓ Choking
✓ Wounds and bleeding
✓ Shock
✓ Minor injuries

WHO IS THIS COURSE FOR?

The Emergency First Aid at Work course is suitable for:

✓ Employees appointed as workplace First Aiders

✓ Businesses looking to meet their workplace First Aid provision requirements

✓ Individuals who want to develop practical workplace First Aid skills

ASSESSMENT & CERTIFICATION

Assessment
Learners will complete the assessments required by the qualification throughout the course.

Certification
Successful learners will receive an accredited Emergency First Aid at Work qualification.

Validity
The qualification is valid for 3 years. Refresher training is recommended.

PREPARING FOR YOUR COURSE

First Aid training is practical and hands-on. Please come prepared to take part in practical activities.

👕 Comfortable clothing

👟 Flat comfortable footwear

💊 Personal medication

📱 Phone/tablet
If needed during breaks

🥪 Lunch
Please bring a packed lunch.

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