

## **Emergency First Aid at Work**

This course is suitable for smaller workplaces with low health and safety risks or for those nominated to provide support for qualified first aiders

### **Course Content**

- Communication and Delegation in an Emergency
- Recognition and Treatment of the following:
  - Unconscious Casualty
  - Cardio Pulmonary Resuscitation (CPR)
  - Defibrillation
  - Choking Casualty
  - Unconscious Casualty
  - Bleeding
  - Shock
  - Heart Attack
- Personal Hygiene
- Simple Record Keeping
- Contents of First Aid Box
- Purchasing and Ordering Supplies
- Transportation of Casualties

*Particular subjects relevant to your work environment can be added*

### **Number of delegates**

Up to 12

### **Course Duration**

6 Hours

### **Assessment**

Candidates knowledge will be assessed with practical exercises and interactions with the tutor

### **Certification**

On successful completion of this course and assessment, each candidate will receive a certificate of attendance valid for three years and a first aid handbook