



# First Class Safety Training

Training today for a safer tomorrow

## Training Course Specification

Course Title	Emergency First Aid at Work for Schools - Level 3	
Course Description	A course that is ideal for a work environment that is low risk. This course covers all of the core competencies outlined by the HSE. On successful completion of this course, you can be appointed as a first aider in your workplace. This course is also suitable if you are looking for a basic level of First Aid knowledge.	
Course Duration	1 Day Course (6 Learning hours)	
Max no of participants	12	
Who should attend	Anyone wishing to learn first aid skills for the workplace	
Pre-requisites	N/A	
Course Content	<ul style="list-style-type: none"><li>• Acts and regulations</li><li>• Assessing an incident</li><li>• Accident reporting</li><li>• Dealing with an unresponsive patient</li><li>• CPR for adults and children</li><li>• Use of AED</li><li>• Recovery position</li><li>• Heart Attack</li><li>• Cardiac Arrest</li><li>• Bleeding</li><li>• Choking</li><li>• Shock</li><li>• Seizures</li><li>• Drowning</li><li>• Minor injuries, nosebleeds, stings</li><li>• Spinal Injuries</li><li>• Burns</li></ul>	
Assessments	Delegates will be continuously assessed throughout the course, to ensure they have met the learning outcomes. Learning objectives are also reinforced through written answers.	
Course Costs	TBA – Quote upon request	

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