



Who is this for?

This qualification is typically delivered over 1 day. It is for those working in lower risk workplaces, or higher risk workplaces with a small number of staff and visitors.

The qualification is open to those over 14 years of age, however only those over 16 can act as a sole first aider within the workplace.

Key points

- Regulated qualification
- Meets HSE requirements
- 6 Guided learning hours (1 day)
- Valid for 3 years
- Certificate included
- Assessed by MCQs and practical observation

Course content

This qualification has been developed to meet the first aid training requirements outlined by the H.S.E.

- The course includes:
 - What is first aid?
 - First aid in the workplace
 - Responsibilities of the first aider
 - Primary survey
 - Unconscious casualty management
 - Resuscitation
 - Choking
 - Shock
 - Wounds and Bleeding
 - Minor burns
 - Seizures

Additional topics can be delivered on request although delivery time may need to be extended.

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