



Basic Life Support & AED (CPR & AED)

½ day course

Designed for those who want to be able to provide emergency assistance to a casualty until professional help arrives.

The course will benefit those who would like to be able to perform effective CPR and safely use and AED.

Course Content:

The course will cover the following learning outcomes:

- What is first aid
- Infection Control
- Assessment of a situation
- Dealing with an unresponsive casualty
- Resuscitation
- Defibrillation procedure
- Choking

Test of knowledge

The learning outcomes will be demonstrated through practical assessment during the course.

Each learner will receive:

- A Basic Life Support booklet
- Certification is available in a printed or pdf format

Duration:

1/2 day



Emergency First Aid at Work

1 day course

A one day course to equip your employees with the essential skills to provide prompt, effective first aid in emergency situations.

The course will benefit those who would like to gain basic first aid skills and those that have been selected to fulfil the role of Emergency First Aider.

Course Content:

The course will cover the following learning outcomes:

- Roles and responsibilities
- First Aid kits and hygiene
- Assessment of a situation
- Recovery position
- Resuscitation and use of an AED
- Choking
- Seizures
- Minor wounds and bleeding

Test of knowledge

The learning outcomes will be demonstrated through practical assessment during the course. (Some accredited qualifications may require an additional multiple choice test).

Each learner will receive:

- An Emergency First Aid at Work book
- Certification is available in a printed or pdf format

Duration:

1 day



First Aid at Work

3 day course

An in depth course for those acting as a first aider in the workplace, providing the knowledge and skills to deal with a range of injuries and illnesses that could occur at work.

The course will benefit those who would like to gain more in depth knowledge of first aid skills and those that have been selected to fulfil the role of First Aider in the workplace.

Course Content:

The course will cover the following learning outcomes:

- Roles and responsibilities
- First Aid kits and hygiene
- Assessment of a situation
- Recovery position
- Resuscitation and use of an AED
- Choking
- Seizures
- Minor wounds and bleeding
- Major illnesses: heart attack, stroke, diabetes, asthma
- Head and spine injuries
- Chest and abdominal injuries
- Burns
- Poisoning
- Anaphylaxis

Test of knowledge

The learning outcomes will be demonstrated through practical assessment during the course and an additional multiple choice test.

Each learner will receive:

- A First Aid at Work book
- Certification is available in a printed or pdf format

Duration:

3 days



First Aid at Work (Refresher)

2 day course

Designed for those who want to renew a FAW before the three year deadline. Learners will achieve the full First Aid at Work certification. Please note: all learners will be required to provide copy of current certification within date for renewal.

The course will benefit those who would like to refresh their in depth knowledge of first aid skills to continue in their role of First Aider in the workplace.

Course Content:

The course will cover the following learning outcomes:

- Roles and responsibilities
- First Aid kits and hygiene
- Assessment of a situation
- Recovery position
- Resuscitation and use of an AED
- Choking
- Seizures
- Minor wounds and bleeding
- Major illnesses: heart attack, stroke, diabetes, asthma
- Head and spine injuries
- Chest and abdominal injuries
- Burns
- Poisoning
- Anaphylaxis

Test of knowledge

The learning outcomes will be demonstrated through practical assessment during the course and an additional multiple choice test.

Each learner will receive:

- A First Aid at Work book
- Certification is available in a printed or pdf format

Duration:

2 days