



## Emergency First Aid at Work

### Course Objectives:

This course is designed to cover basic life saving first aid and workplace health and safety regulations.

### Who Should Attend?

Nominated emergency first aiders, or anyone wanting a comprehensive one day first aid course.

### Course Content:

At the end of the course, delegates will have covered the following:

- Health and safety (first aid) regulations
- Managing an incident
- The priorities of first aid
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Bleeding
- Common workplace injuries

Assessment is continuous throughout the duration of the course by the trainer.

On successful completion of the course delegates will receive an approved HSE certificate.

**Duration:** 1 Day

