HSE Emergency First Aid at Work (1 day)

This one day HSE approved Emergency First Aid at Work covers the minimum workplace requirements of the Health and Safety First-Aid Regulations (1981). The course provides individuals with the basic knowledge and skills to preserve life, prevent injuries becoming worse, and promote recovery of the casualty...

**What is covered on the course?**

* Understanding the role of the first aider, including the importance of preventing cross infection, the need for recording incidents and actions, and the use of available equipment.
* Assesssing the situation and circumstances in order to act safely, promptly and effectively in an emergency.
* Administering first aid to a casualty who is unconscious and/or having a seizure.
* Administering cardio-pulmonary resuscitation (CPR).
* Administering first aid to a casualty who is choking.
* Administering first aid to a casualty who is wounded and bleeding.
* Administering first aid to a casualty who is suffering from shock.
* Providing appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters).

**How is the course delivered and assessed?**

The course is delivered over a minimum of 6hrs, and is a mixture of classroom delivery and practical workshops. The course is assessed continuously and there is no final assessment or written test.