

### **EMERGENCY FIRST AID AT WORK (HSE Approved)**

**This course is ideal for smaller workplaces that present few health and safety risks**  
**After-school clubs, playschemes, breakfast clubs, schools, Adventure Playgrounds, Play Rangers, Saturday clubs etc**

#### **Workshop Description**

This course is designed for nominated first aiders, or anyone wanting a comprehensive one day first aid course.

This course supplies the skills and foundation in basic life saving first aid and workplace health and safety regulations.



#### **Course Content**

1. Health and Safety (first aid) regulations
2. Managing an incident
3. The priorities of first aid
4. Treatment of an unconscious casualty
5. Resuscitation
6. Shock
7. Bleeding
8. Common workplace injuries

#### **Course Duration**

6 Hours

#### **Assessment and Certification**

A continuous assessment by the trainer

#### **Cost**

**£100**