

HSE APPOINTED PERSON FIRST AID AT WORK

MAX NO. OF DELEGATES:

12

DURATION:

3 DAY

ACCREDITATION:

HIGHFIELD



WHO SHOULD ATTEND

This course is designed for people who want to receive our most thorough first aid training.

COURSE AIM

This course provides the comprehensive set of practical skills needed by first aiders in most workplaces to become a confident first aider at work. Giving both the ability and knowledge to deal with first aid emergencies. It meets the standards required to help comply with Health and Safety (First aid) regulations.

TRAINING METHODS

Candidates need a basic command of English (defined as Level 2). So whilst we are often able to provide support to people who for example do not have English as a first language, our ability to do so is limited by the time available and the number of people who require assistance, although we may be able to make special arrangements if requested in advance. Please contact us if you need any guidance.

LOCATIONS

Cardiff, Swansea, Client Site

COURSE CONTENT

- The role of the first aider
- Managing an emergency
- Communication and casualty care
- Asthma
- Bleeding (minor and severe)
- Bone, muscle and joint injuries
- Burns and scalds
- Chest pains (including heart attack)
- Choking (adult)
- Eye injuries
- Fainting
- Defibrillator prompts and how to respond
- Head injuries
- Health and safety (first aid) regulations
- Low blood sugar
- Poisoning
- Resuscitation (adult CPR)
- Seizures (adult)
- Severe allergic reaction
- Shock
- Spinal injuries
- Stroke
- Unresponsive casualty
- Defibrillator pad placement