

# First Aid International

## First Aid at Work

**The First Aid at Work** course is designed to meet the requirement of Organisations whose first aid needs assessment as determined that their organization require full First Aid at Work trained employees. The course content meets the statutory requirements of the Health & Safety (First Aid) Regulations 1981.

This course will provide all the required first aid skills necessary to manage a patient that is not breathing normally, is unconscious, bleeding or is ill or injured prior to the arrival of the emergency services. It also covers other topics such as COSHH, RIDDOR and other first and health and safety at work information.

### Introduction Learning Style:

Each section of the book will guide you step by step through each of the essential skills required to be a competent first aider. Through the process of seeing hearing and doing you will learn how to provide first aid in an emergency both safely and effectively. As you complete each skill you will develop the skills, knowledge, techniques and confidence to respond in an emergency.

### Certification:

Certificates are issued by First Aid International using our Centre Management Information System (CMIS). CMIS provides a quick efficient service to all our clients

### Certificate Expiry:

3 years from the date of completion.



### Course Contents:

- Introduction
- Scene Safety
- Basic Life Support
- Life Threatening Conditions
- Secondary Survey
- Breathing Problems
- Circulatory Problems
- Environmental Problems
- Nervous System Problems
- Other Medical Problems
- Other Injuries
- First aid Health and Safety

### Intended Participant:

Workplace First Aid

### Course Duration:

Initial Training : 18 hours  
Retraining time : 12 hours

### Assessment:

Continuous by Instructor