

**HSE- Approved Emergency First Aid at Work**

**Suitable For:**

Emergency First Aiders and those wishing to gain basic understanding of First Aid

**Aims:**

- To be familiar with the principles of first aid
- To be able to deal with a first aid emergency effectively until help arrives
- To assist the qualified First Aider (if appropriate)

**Course Content:**

- Legislation
- Record keeping
- First aid equipment
- Priorities at the scene of an emergency
- Hypoxia
- Unconsciousness
- Cardiac arrest and Cardiopulmonary Resuscitation
- Choking procedures
- Minor wounds
- Minor scalds and burn
- Seizures

<b>Course Duration:</b>	1 Day	<b>Max No. of Delegates:</b>	12
<b>Exam:</b>	Continual Assessment	<b>Location:</b>	Stowan Training Centre or your Site

<b>Certification</b>	Valid for 3 years Annual refresher strongly recommended
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