

Emergency First Aid at Work



People in the workplace; staff visitors or service users can suffer injuries or be taken ill. In fact more and more people in the workplace will have ongoing health issues such as: diabetes, epilepsy & high blood pressure etc. Successful outcomes to incidents are linked to prompt medical attention. The skills of the first person at the scene is important to prevent deterioration before medical help is available. This six hour course can help save lives and prevent minor injuries becoming major ones. The certificate is valid for 3 years but it is recommended that skills are updated annually with a three hour refresher course.

After the course the delegate will be able to:-

- Clarify the role of the first aider at work
- Keep yourself & others safe during an incident
- Confidently perform cardiopulmonary resuscitation (CPR)
- Rescue people from a choking episode
- Safely manage an unconscious casualty
- Identify & minimise the causes of shock
- Effectively immobilise fractured bones
- Reduce the impact of burns & scalds