St John Ambulance
Isle of Man

Emergency First Aid at Work (1-Day Course)

Be ready to respond when a medical emergency happens at work

This practical one-day course gives workplace first aiders the essential knowledge and hands-on skills to respond effectively to common workplace injuries and medical emergencies while waiting for professional help to arrive.

Who is this course for?

This course is suitable for employees who may be appointed as workplace first aiders, particularly those working in:

- Offices and administrative settings
- Retail and public-facing roles
- Hospitality and food service environments
- Small or lower-risk workplaces

If you're unsure which level of workplace first aid training is right for your organisation, contact us and we'll be happy to help.

Participants must be 16 years or older.

What you'll learn

You'll develop practical first aid skills and learn how to respond to a range of workplace emergencies, including:

- Assessing an emergency and acting safely and effectively
- The role and responsibilities of the first aider
- Preventing cross-infection
- Recording incidents and actions
- Adult CPR
- Using an automated external defibrillator (AED)
- Adult choking
- An unresponsive adult, including seizures
- Shock
- Life-threatening bleeding
- Wounds and bleeding
- Minor injuries, including cuts, grazes, bruises, burns, scalds and small splinters
- Communication and casualty care

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Course outcomes

By the end of the course, you will be able to:

- Assess an emergency and act safely, promptly and effectively
- Provide appropriate first aid to an unconscious casualty, including someone experiencing a seizure
- Perform CPR and use an automated external defibrillator (AED)
- Provide appropriate first aid for choking, wounds and bleeding, shock and minor injuries
- Understand the role and responsibilities of a workplace first aider, including preventing cross-infection and recording incidents and actions

Certification

On successful completion of the course, you will receive a nationally recognised Emergency First Aid at Work qualification.

Your certificate is valid for three years.

What's included?

First Aid Fast app

Your course includes access to the First Aid Fast app for the duration of your three-year certificate.

- Practical guidance on a range of first-aid emergencies
- First-aid topics and reference information
- Training and course updates
- Additional learning resources and e-learning
- Information to help you keep track of your training renewal

Lunch

Lunch is included during your training day.

Need help choosing the right course?

If you're unsure which level of workplace first aid training is right for your organisation, contact us and we'll be happy to help.

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