

First Aid at Work (3-Day Course)

Be prepared to respond when a serious workplace emergency happens

This comprehensive three-day course gives designated workplace first aiders the knowledge, practical skills and confidence to respond effectively to a wide range of injuries and medical emergencies while waiting for professional help to arrive.

From CPR and AED use to serious bleeding, fractures, burns and a range of medical conditions, you'll develop the skills needed to provide effective first aid when it matters most.

It is ideal for organisations whose first-aid needs assessment identifies the need for a full First Aid at Work qualification.

Who is this course for?

This course is suitable for employees who may be appointed as workplace first aiders where an organisation's first-aid needs assessment identifies the need for a full First Aid at Work qualification.

It is particularly relevant for employees working in:

- Workplaces where a comprehensive level of first aid provision is required
- Construction, manufacturing and industrial environments
- Warehousing, logistics and other workplaces with significant risks
- Hospitality, retail and other public-facing environments
- Larger organisations requiring trained workplace first aiders

Participants must be 16 years or older.

What you will learn?

This course equips you with essential lifesaving first aid skills and a practical understanding of workplace health and safety responsibilities. Key topics include:

- Adult resuscitation (CPR)
- Use of an AED (defibrillator)
- Asthma
- Bone, muscle, and joint injuries
- Burns and scalds
- Choking (adult)
- Eye injuries
- Fainting
- Head injuries
- Heat and cold emergencies
- Low blood sugar
- Minor and severe bleeding
- Poisoning

- Recognition of chest pain (possible heart attack)
- Responsibilities of a workplace first aider
- Seizures
- Severe allergic reactions
- Shock
- Spinal injuries
- Stroke
- Unresponsive adult

Course outcomes

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

- Respond effectively to workplace medical emergencies
- Provide immediate care until emergency services arrive
- Assess and manage a wide range of first aid situations
- Understand your responsibilities as a workplace first aider
- Act calmly and appropriately under pressure

Certification

Participants are continuously assessed throughout the course through practical observation and written assessment.

On successful completion, learners receive a nationally recognised First Aid at Work qualification, meeting current HSE requirements for workplace first aid. Valid for 3 years.

To maintain certification, learners must complete a 2-day First Aid at Work Requalification course before expiry.

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.

Tel: +44 1624 674387 | Email: info@sja.org.im | Website: www.sja.org.im