

Emergency First Aid at Work (1 day course) (HSE approved course)

This course is ideal for smaller workplaces that present few health and safety risks.

Who should attend?

This course is designed for people who want to receive training in emergency first aid and is especially suited for nominated first aiders in smaller, low risk working environments.

What you will learn?

The content of this course provides basic life saving first aid and workplace health and safety regulations.

Course content

- Health and safety (first aid) regulations
- Managing an incident
- The priorities of first aid
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Choking
- Seizures
- Bleeding
- Common workplace injuries.

Course duration

One day.

Assessment and certification

Continuous assessment by trainer.

New assessment process

Following changes affecting all first aid training providers, people attending our workplace first aid courses (the 3-day initial, 2-day requalification and the 1-day Emergency First Aid) are now both trained and assessed by one expert trainer/assessor whilst the course is progressing and not by using a separate examination at the end.

This assessment will be through observation along with some written exercises. Whilst these written elements are straightforward, candidates need a basic command of English (defined as Level 2). So whilst we are often able to provide support to people who for example do not have English as a first language, our ability to do so is limited by the time available and the number of people who require assistance, although we may be able to make special arrangements if requested in advance. Please contact us if you need any guidance.