

First aid at work (3 day course) (HSE approved course)

This course provides the comprehensive set of practical skills needed to become a confident first aider at work, giving you both the ability and knowledge to deal with first aid emergencies.

Who should attend?

This course is designed for people who want to receive our most thorough first aid training and is especially suited for nominated workplace first aiders looking to gain comprehensive, certified HSE approval.

What you will learn

The content of the course will cover how to deal with the following:

- Accidents and illness
- Using a first aid kit
- Simple record keeping
- Treatment of an unconscious casualty
- Heart attacks
- Resuscitation
- Shock
- Choking
- Bleeding
- Burns and scalds
- Poisoning
- Fractures
- Seizures
- Asthma
- Severe allergic reaction
- Eye injuries
- Low blood sugar
- Fainting.

Course duration

Three days.

Assessment and certification

Candidates will receive an HSE approved certificate on completion of summative continuous assessment by the 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.