

# Emergency First Aid at Work

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Learning Methods:  Face-to-Face Classroom  In-Company

## Course Overview

The **Emergency First Aid at Work** course provides essential practical skills and knowledge required to respond effectively to workplace emergencies. Designed for low-risk environments, this one-day course combines key theoretical understanding with hands-on practical experience to build confidence in real-life situations.

Delivered in partnership with St John Ambulance, the course meets the requirements of the Health and Safety (First Aid) Regulations and equips learners with the ability to act quickly and safely in emergency scenarios.

Upon completion, learners are also covered by Good Samaritan insurance, enabling them to provide first aid outside of the workplace.

### Key topics include:

- ▶ Role of the first aider, casualty care, and communication.
- ▶ Adult resuscitation (CPR), AED prompts, and pad placement (theory).
- ▶ Responding to minor and severe bleeding, shock, seizures, and unresponsive adults.
- ▶ Treating burns, scalds, and choking incidents.

## Who is the Course for?

This course is suitable for employees working in low-risk environments, including:

- ▶ Offices, retail environments, and hospitality venues.
- ▶ Small businesses requiring a nominated first aider.
- ▶ Individuals looking to gain essential first aid skills in a short, one-day course.

It is ideal for those who need a practical introduction to first aid and want to feel confident responding to everyday workplace emergencies involving adult casualties.

## Course Key Facts

**Duration:** 1 Day

**Course Content:** This focused programme combines theory and practical learning to ensure learners can respond effectively in emergency situations.

Topics include:

- ▶ Core first aider responsibilities, casualty care, and communication
- ▶ Adult resuscitation (CPR) and AED awareness (theory)
- ▶ Responding to:
  - Minor and severe bleeding
  - Shock, seizures, and unresponsive adults
- ▶ Treatment of injuries:
  - Burns and scalds
  - Choking incidents

**Assessment:** Learners are evaluated through trainer observation, short scenario exercises, and practical demonstrations to ensure they can confidently apply their skills.

**Certification:** Upon successful completion, learners receive a certificate from St John Ambulance, valid for three years.

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## Benefits for Employers

- ▶ **Stay compliant:** Meet the requirements of the Health and Safety (First Aid) Regulations with confidence.
- ▶ **Improve workplace safety:** Ensure trained first aiders can respond quickly and effectively.
- ▶ **Reduce risk and disruption:** Minimise the impact of incidents through early intervention.
- ▶ **Support your people:** Demonstrate a clear commitment to employee wellbeing.
- ▶ **Build internal capability:** Equip your workforce with essential, practical skills.

## Benefits for the Learner

- ▶ **Gain essential skills quickly:** Learn practical first aid in just one day.
- ▶ **Confidence when it matters:** Be prepared to respond effectively in emergencies.
- ▶ **Hands-on learning:** Build real-world skills through practical scenarios.
- ▶ **You're covered — wherever you go:** Benefit from Good Samaritan insurance beyond the workplace.
- ▶ **Recognised certification:** Achieve a trusted St John Ambulance certificate, valid for three years.