

Course Overview

The **First Aid at Work** course provides a comprehensive set of practical skills and knowledge required by workplace first aiders. Delegates learn to respond effectively to a wide range of emergencies, from minor injuries to life-threatening situations, combining essential theory with hands-on practical experience.

This course is fully compliant with the Health and Safety (First Aid) Regulations and equips learners with the confidence to manage incidents both in and outside the workplace.

Key topics include:

- ▶ Role of the first aider, managing emergencies, casualty care, and communication.
- ▶ Adult resuscitation (CPR) and AED use.
- ▶ Responding to shock, seizures, unresponsive adults, and stroke.
- ▶ Treating injuries and illnesses, including burns, bone/muscle/joint injuries, head/spinal injuries, chest pain, and fainting.
- ▶ Managing medical emergencies: allergic reactions, asthma attacks, choking, poisoning, and bleeding.

Who is the Course for?

This course is suitable for employees in medium to high-risk environments, including:

- ▶ Construction sites, warehouses, and manufacturing
- ▶ Large organisations seeking full first aid coverage
- ▶ Office-based businesses looking to ensure preparedness

It is also ideal for individuals who want comprehensive, in-depth first aid training to build confidence and competence in real-world emergencies

Course Key Facts

Duration: 3 Days

Course Content: This comprehensive programme covers both theoretical knowledge and practical application, ensuring learners are fully prepared to respond in emergency situations.

Topics include:

- ▶ The role of the first aider, emergency management, and communication.
- ▶ Adult resuscitation (CPR) and AED awareness, including pad placement.
- ▶ Responding to:
 - Shock, seizures, stroke, and unresponsive casualties
 - Treatment of injuries and illnesses:
 - Burns and scalds
 - Bone, muscle, and joint injuries
 - Head and spinal injuries
 - Chest pain and fainting
- ▶ Managing medical emergencies:
 - Allergic reactions
 - Asthma attacks
 - Choking
 - Poisoning
 - Minor and severe bleeding

Assessment: Learners are evaluated through continuous practical observation and written knowledge checks, ensuring they can confidently apply first aid skills in real-world situations.

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

Benefits for Employers

- ▶ **Stay compliant:** Meet the requirements of the Health and Safety (First Aid) Regulations 1981 with confidence.
- ▶ **Improve workplace safety:** Ensure trained first aiders can respond quickly, reducing the impact of incidents and supporting better outcomes.
- ▶ **Reduce risk and disruption:** Minimise downtime and operational impact by managing emergencies effectively in the early stages.
- ▶ **Support your people:** Demonstrate a clear commitment to employee wellbeing, helping to build trust, engagement, and morale.
- ▶ **Build internal capability:** Equip your workforce with practical, life-saving skills — reducing reliance on external support when it matters most.

Benefits for the Learner

- ▶ **Confidence when it matters most:** Develop the ability to act quickly and effectively in emergency situations, both in and out of the workplace.
- ▶ **You're covered — wherever you go:** Unlike many other providers, this course includes insurance, allowing you to use your first aid skills beyond your workplace.
- ▶ **Peace of mind, everywhere:** Know that you have the knowledge and practical capability to make a difference in critical moments.