



Four Day First Aid at Work Course (HSE Approved)

Course Description

This is a Health and Safety Executive approved four-day course that complies with the HSE (First Aid) Regulations of 1981 - First Aid coverage in the workplace is a legal requirement

Awarding Body

The Health and Safety Executive

Certification

Upon successful completion of the course and final assessment, the delegate will receive the HSE approved, nationally recognised First Aid at Work Certificate, valid for three years. This certificate would enable the holder to act as a First Aider in the workplace under the 1981 (First Aid) Regulations.

SME Training & Consultants Ltd is able to offer on-site training to organisations, companies who want to take control of their First Aid needs. We can deliver the Four-Day course for up to 12 delegates, on a nationwide basis. It enables an organisation to choose the most convenient dates and times. Also, SME Training & Consultants Ltd is able to modify the content of the course according to your specific areas of risk.

Outline of the 4-Day FAW Course

Day One

- What is First Aid
- First Aid in the Workplace
- Responsibilities of the First Aider
- Action in an Emergency
- Primary Assessment
- Secondary Assessment
- Breathing and Circulation
- Principles of Resuscitation
- Disorders of Respiration
- Airway Obstruction

Day Two

- Disorders of Circulation
- Disorders of Consciousness
- Wounds and Bleeding
- Incident Management
- CPR and EAV – Child and Baby
- Bites and Stings

Day Three

- Burns and Scalds
- Bones, Joint and Muscle Injuries
- Poisoning
- Incident Management
- Foreign Objects
- Effects of Heat and Cold
- Recap on Resuscitation Procedures

Day Four

- Casualty Management
- Resuscitation Procedures
- Incident Management