

Course: First Aid At Work

Duration: 3 Days

Who Should Attend?

Anybody wishing to be a first aider at work

What Will Be Covered?

A Health & Safety Executive approved three-day course that meets the current Health & Safety (First Aid) Regulations 1981. The course is delivered in accordance with the Approved Code of Practice L74 for qualifying First Aid personnel in the workplace.

First Aid at Work will provide students with in-depth information and skills on how to provide effective treatment and care to a person, or persons that become ill or injured whilst at work. The programme has a large emphasis on practical application of the skills learnt the ample opportunity is provided for hands-on practice in a relaxed, low stress environment.

Candidates will receive training in a wide range of first aid skills including:


- The ability to act safely and effectively when an accident or emergency occurs
- The treatment and priorities of care for an unconscious patient
- The recognition of cardiac arrest and delivery of cardio-pulmonary resuscitation (CPR)
- The ability to safely and promptly treat a patient who is bleeding
- The ability to recognise and treat a patient in shock
- The keeping of simple records following an accident at work

Students will also learn to provide care for patients who have:

- Suffered a burn or scald
- Injured bones, muscles or joints
- Been poisoned by ingestion or inhalation of a substance or gas
- Suffered an injury to the eye
- Signs & symptoms of a major illness e.g. Heart attack

Email: info@civilsafety.co.uk

 [@Civil_Safety](https://twitter.com/Civil_Safety)

 [@company/11278042](https://www.linkedin.com/company/11278042)

 [@CivilEngineeringSafetyLtd](https://www.facebook.com/CivilEngineeringSafetyLtd)

Civil Safety Training and Rescue Ltd registered in England company number 11638439

www.civilsafety.co.uk