

Accredited Emergency First Aid at Work 1 Day course

The Health and Safety (First-Aid) Regulations 1981 require employers to provide adequate and appropriate equipment, facilities and personnel to ensure their employees receive immediate attention if they are injured or taken ill at work. These Regulations apply to all workplaces including those with less than five employees.

What is 'adequate and appropriate' will depend on the circumstances in the workplace. This includes whether trained first-aiders are needed, what should be included in a first-aid box and if a first-aid room is required.

Employers should carry out an assessment of first-aid needs to determine what to provide.

Who should attend

Nominated emergency first aiders, or anyone wanting a comprehensive one day first aid Training

What you will learn

Basic life saving first aid and workplace health and safety regulations.

Course content

- Health and safety (first aid) regulations
- Managing an incident
- The priorities of first aid
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Choking
- Seizures
- Bleeding
- Common workplace injuries

Course duration

Course cost £100 per delegate – Delegates are required to bring along their own packed lunch

Candidates will achieve a Certificate which is valid for 3 years

To book please email Jackie.spotonsolutions@gmail.com
or call Jackie Dennis on 07966 617130

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