



# First Aid at Work

Every year in the UK, thousands of people die or are seriously injured in accidents. Many of these deaths could be prevented if first aid is given before the emergency services arrive.

## Course Overview

This course will provide you with a comprehensive set of practical skills needed to be a confident first aider in most workplaces, giving both the ability and knowledge to deal with first aid emergencies. It meets the standards required to help comply with the Health and Safety (First aid) Regulations 1981 in line with HSE guidance. This course is designed for people who want to receive the most thorough first aid training and is ideal for higher risk environments such as construction, engineering and manufacturing.

## Course Syllabus

Understand the role of the first-aider, including reference to...

- The importance of preventing cross infection
- The need for recording incidents and actions
- Use of available equipment
- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
- Administer first aid to a casualty who is unconscious (including seizure)
- Administer cardiopulmonary resuscitation
- Administer first aid to a casualty who is choking
- Administer first aid to a casualty who is wounded and bleeding
- Administer first aid to a casualty who is suffering from shock
- Provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters)

Administer first aid to a casualty with...

- Injuries to bones, muscles and joints, including suspected spinal injuries
- Chest injuries
- Burns and scalds
- Eye injuries
- Sudden poisoning
- Anaphylactic shock
- Recognise the presence of major illness (including heart attack, stroke, epilepsy, asthma, diabetes) and provide appropriate first aid

### Course type options:



Tailored



Open

# frequently asked questions...

## The Course

<b>Course Delivery</b>	This course is available either as a Tailored or Open Course
<b>Accreditation</b>	If QCF, additional costs will apply
<b>Course Length</b>	3 days
<b>Start / Finish Times</b>	To suit or 8.30 – 16.30
<b>Maximum Group Size</b>	12
<b>Tailored to Specific Requirements</b>	Yes - Please provide at the booking stage
<b>Course Material</b>	Detailed Hand Outs are provided on the day

## Certification

<b>Are certificates issued?</b>	Yes – EFAW 3 Day
<b>Valid for?</b>	3 years however annual refresher training is recommended
<b>Is there an Assessment?</b>	Practical assessment and multiple-choice paper
<b>When / how are they available?</b>	Available for download 2 working days after the course

## The Delegates

<b>Prior Knowledge / Prerequisites</b>	Physically fit in order to undertake the practical elements of the course
<b>Needs to bring along</b>	Everything is provided on the day

## The Venue

<b>Course Location</b>	At a venue of your choice or a NUK venue
<b>Venue Requirements</b>	Please inform us of any mobility concerns
<b>Non-NUK Venues</b>	Must have adequate space, seating, lighting, welfare and 240v socket for Tailored Courses
<b>Refreshment at NUK Venues</b>	Tea, Coffee, Water and Biscuits are available. Lunch can also be provided upon request at an additional cost