



# Emergency 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 training is designed to give the trainee basic life saving first aid skills in the workplace. It covers the full HSE syllabus plus more and is ideal for the 'nominated' person responsible for the First Aid provision in low hazard environments, smaller low risk businesses or for people who provide support to qualified First Aiders in larger organisations.

This course provides you the essential skills and confidence to respond to a range of first aid incidents and emergency situations relevant to the workplace.

## Course Syllabus

- Managing an incident
- The priorities of first aid
- Dealing with emergencies
- Treatment of an unconscious casualty who is breathing – recovery position
- Treatment of an unconscious casualty who is not breathing – CPR
- Importance of a defibrillator Heart Attack and Angina
- Choking
- Shock
- Anatomy
- Bleeding, grazes, splinters, embedded objects, amputated parts, knocked out teeth, mouth injury, eye injury, bruising, nose bleeds, objects in eyes, ears, nose...
- Burns and scalds
- Head injuries, concussion, compression & skull fracture
- Fitting and seizures
- Breaks, soft tissue injuries & dislocations
- Common workplace injuries
- Contents of a First Aid Kit

### Course type options:



Tailored



Open

v.2 May2017

# frequently asked questions...

## The Course

<b>Course Delivery</b>	This course is available either as a Tailored or Open Course
<b>Accreditation</b>	None
<b>Course Length</b>	1 day
<b>Start / Finish Times</b>	Typically 8.30am – 4.30pm or to suit
<b>Maximum Group Size</b>	12
<b>Tailored to Specific Requirements</b>	Yes - Please provide at the booking stage
<b>Course Material</b>	Handouts are provided on the day

## Certification

<b>Is there an Assessment?</b>	Practical assessment and multiple-choice paper
<b>Are certificates issued?</b>	EFAW 1 Day
<b>Valid for?</b>	3 years however annual refresher training is recommended
<b>When / how are they available?</b>	Available for download from the NUK website upon completion

## 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 Now u Know training centre
<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>	Available on request

v.2 May2017