



## First Aid at Work (HSE)

### Overview

A full Health and Safety Executive (HSE) approved First Aid at Work course, in accordance with the Health and Safety (First Aid) Regulations 1981.

Once qualified, holders of this First Aid at Work certificate can be used as First Aiders in the workplace in accordance with the Health and Safety at Work Act 1974. This course can be adapted to suit a particular audience. The First Aid at Work course is run over three days and includes both theory and practical sessions.

### Outline of programme

The First Aid at Work Syllabus Includes:

- First Aid Priorities
- Managing Incidents
- Basic Life Support
- Examination of a Casualty
- Unconsciousness
- Control of Bleeding
- Fractures
- Burns and Scalds
- Common Illnesses
- Heart Attacks
- Eye Injuries
- Dressings
- Recording and Reporting
- Regulations
- First Aid Kits

### Qualification information:

- Course duration: three-day programme
- Assessment: Students are independently examined on the final afternoon of the course
- Upon successful completion certification is valid for three years\*.

\* Upon successful completion of this three day course, first aiders receive certification to allow them to practise for three years after which a re-qualification course becomes necessary. It is strongly recommended by the HSE that you update your skills by taking an annual refresher.

