

First Aid Initial: Duration 3 days (covers theory and practical sessions)

This course covers the practical skills needed by a first aider in the work place. The course is HSE approved and complies fully with the requirements of the First Aid Regulations 1981. Upon successful completion students will receive certification valid for three years.

Day 1

- First aid essentials
- Techniques and equipment
- Life saving procedures
- Heart and circulatory problems
- Life saving procedures
- Basic life trauma support

Day 2

- Wounds and bleeding
- Bones, joint and muscle injuries
- Nervous system problems
- Environmental injuries

Day 3

- Foreign objects
- Poisons, bites and stings
- Childbirth and medical problems
- Revision
- Moulage practice
- Written assessment
- Bandaging assessment
- Final assessment (basic life trauma support)

First Aid Initial

- By the end of the course students will be able to:
- Show competence in the theory of first aid and accident management
- Recognise the signs and symptoms which need medical attention
- Show competence in resuscitation techniques
- Show competence in the control and treatment of unconsciousness and / or shock
- Show competence in the control and treatment of bleeding, burns, bone and muscle injuries
- Have knowledge of the legal requirements of First Aid at work

Course Evaluation

- Training
- Demonstration
- Practical application
- Question and answer papers
- Assessment

First Aid Refresher: Duration 2 days (covers theory and practical sessions)

This course is aimed at updating the skills of delegates who need to renew their First Aid at work certificate. The course is HSE approved and complies fully with the requirements of the First Aid Regulations 1981.

Day 1

- First Aid essentials
- Life saving procedures
- Defibrillator
- Respiratory problems

Day 2

- Heart and circulatory problems
- Wounds and bleeding
- Techniques and equipment
- Final assessments
- Free practice

First aiders whose certificates have expired must attend the full three day First aid at work course to renew their certificate.

Emergency First Aid at Work: Duration 1 day

This course is aimed at anyone wanting a comprehensive one day first aid. It will incorporate basic life saving first aid and workplace health and safety regulations. On completion of the course successful candidates should be able to:

- 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)