

# **1 Day Emergency First Aid at Work (HSE approved course)**

This course is ideal for smaller workplaces that present few health and safety risks.

## **Who should attend?**

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

## **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
- Bleeding
- Common workplace injuries.

## **Course duration**

One day.

## **Assessment and certification**

Continuous assessment by trainer.