

3 Day First aid at work (HSE approved course)

This course covers the practical skills needed by a first aider in the modern workplace. The course will give you the confidence and knowledge to deal with first aid emergencies.

Who should attend?

Nominated workplace first aiders, or anyone wanting a comprehensive introduction to first aid.

What you will learn

The course will give you the knowledge and confidence to deal with a first aid emergency in the workplace.

Course content

- Accidents and illness
- Using a first aid kit
- Simple record keeping
- Treatment of an unconscious casualty
- Heart attacks
- Resuscitation
- Shock
- Choking
- Bleeding
- Burns and scalds
- Poisoning
- Fractures
- Seizures
- Asthma
- Severe allergic reaction
- Eye injuries
- Low blood sugar
- Fainting.

Course duration

Three days. The course is usually offered as three consecutive days, however, we also offer it as a split course over several weeks at some centres.

Assessment and certification

After completing a final assessment successful candidates receive an HSE approved certificate valid for three years.

This course is legally compliant with the current Health and Safety (first aid) Regulations 1981. 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 that you update your skills by taking an annual refresher.