

Emergency First Aid at Work (HSE approved course)

This course is ideal for smaller workplaces that present few health & 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 & safety (first aid regulations)
- Managing an accident
- The priorities of first aid
- Resuscitation
- Shock
- Choking
- Seizures
- Bleeding
- Common workplace injuries



Course duration

One day



Assessment and Certification

All delegates who successfully complete the course in full, will be awarded the:
Continuous assessment by trainer

