



# First Aid at Work

First Aid Industry Body and Quality Care Academy Approved



## Introduction

This first aid course is delivered using a hands-on, practical approach combined with tutor presentations, which gives delegates the best opportunity of mastering the practicalities of first aid treatment. First Aid at Work training includes the Emergency First Aid at Work syllabus and equips the first aider to apply first aid to a range of specific injuries and illnesses.



## Course Duration

SSG offer this course over three days as a classroom course.



## Course Attendees

This course is suitable for any persons who have been selected to ensure they are capable of taking on the responsibilities of a first aider.

### Note

Due to the practical nature of this course, it is requested that delegate's wear suitable clothing i.e. trousers and clean footwear.



## Course Programme

On completion of training, 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
- Train in the use of an AED
- Administer first aid to a casualty who is:
  - Choking
  - Wounded and bleeding
  - Suffering from shock
- Provide appropriate first aid for minor injuries including small cuts, grazes, bruises or small splinters

- Recognise the presence of major illness including heart attack, stroke, epilepsy, asthma or diabetes, and provide appropriate first aid
- Administer first aid to a casualty with:
  - Injuries to bones, muscles and joints including suspected spinal injuries
  - Chest injuries
  - Burns and scalds
  - Eye injuries
  - Sudden poisoning
  - Anaphylactic shock
  - Major wounds



## Training Certification and Assessment

Assessment is via a practical on the final day of the course. SSG course attendance certificates will be issued on successful completion of training and are valid for three years. Certificates need to be renewed prior to the expiry date or within one month after the expiry date.



## Suggested Follow on and Complementary Courses

- First Aid at Work Refresher
- First Aid Annual Skills Update