



# FIRST AID AT WORK

## General

The course has been designed for personnel in all areas of industry and commerce who requires full first aid certification for a period of three years in compliance with the Health & Safety (First Aid) Regulations 1981.

## Course Content

### The course covers:

- The Principles of First Aid
- Action to be taken in an emergency
- Priorities of treatment
- Unconsciousness & Recovery Position
- Asphyxia
- Chest injuries
- CPR
- Wounds and Bleeding
- Dressings
- Scenario Exercises

**Course Duration** Three days

**Course Loading** Max trainee / instructor ratio is 12:1

**Course Location** Public courses are held regularly at Specialist's training centre at Altham, Lancashire or at customer premises or suitable nearby locations nationwide.

**Certification** Upon passing the course, trainees will be issued with a "First Aid at Work" certificate.

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**SPECIALIST**  
TRAINING + CONSULTANCY SERVICES

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