



# EMERGENCY FIRST AID AT WORK

## General

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

## Course Content

### The course covers:

- Principles of First Aid
- Actions to be taken in an emergency
- Priorities of treatment
- Recovery position
- Asphyxia
- CPR – Cardio Pulmonary Resuscitation
- Wounds, Bleeding and Dressings
- Burns and Scalds, Shock and Head Injuries
- Poisons and Anaphylaxis
- First Aid Boxes

**Course Duration** One day

**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** Trainees will be issued with an "Emergency First Aid at Work" certificate.

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SPECIALIST  
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