



HSE Emergency First Aid at Work.

As of 1st October 2009, the six hour Emergency First Aid at Work course, regulated by the Health and Safety Executive (HSE), commenced. Only the following subjects are taught to the candidates.

Course content:

- Understand the role of the First Aider including reference to:
 - the importance of preventing cross contamination.
 - the need for recording incidents and actions.
 - use of available equipment.

- Must be able to assess the situation and act accordingly.
- Administer first aid to a casualty who is unconscious (including seizures).
- Administer cardiopulmonary resuscitation.
- Administer first aid to a casualty who is choking.
- Administer first aid to a casualty who is bleeding.
- Administer first aid to a casualty who is in shock.
- Provide first aid for minor injuries i.e. small cuts, grazes, bruises, minor burns and scalds, small splinters.

An assessment of the candidates' competency based on the above subjects will be carried out by the trainer. **Any candidate failing to meet these criteria will not be given a certificate.**

As of 1st October, candidates are answerable for their actions when relating to real life situations.

If requested by the candidates to cover any other subjects, they must be advised to attend a 3 day course.

Each company needs to assess if they require a six hour course or a full 3 day course and this should be based on their risk factor within the company. If in doubt, they should be encouraged to contact the training organisation.

When organising a course all the above should be explained to the management concerned, to cover all eventualities, it is always advisable to carry out a 3 day First Aid at Work course.

Certificates expire three years from the date of assessment, but it is strongly recommended by the H.S.E that candidates return each year for a three hour skills update, whether they have attended a 1 day or a 3 day course.

Course booking:

Please contact one of our team for further details, course prices and booking arrangements on 01384 393408.