



HSE First Aid at Work (3 Days).

As of 1st October 2009 the First Aid at Work Course was reduced to eighteen hours. This runs over a minimum of three days, but can be spread over a longer period.

It is recommended that a single trainer teaches no more than 12 candidates, to enable each individual to receive the appropriate level of support.

An assessment of the candidates' competency will be carried out by 1 or 2 independent assessors. The final assessment should determine candidate's ability to act safely, promptly and effectively in dealing with an emergency at work and to deal with a casualty who:

- is unconscious.
- requires cardiopulmonary resuscitation.
- is wounded and bleeding.

The course content will include the content of the **HSE Emergency First Aid at Work Course** (see separate information sheet) and successful candidates should also be able to 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.

A candidate should also **recognise the presence of major illnesses** (including heart attack, stroke, epilepsy, asthma, diabetes) and provide appropriate first aid.

Following on from this the candidate will be provided course work revision (theory and practical) in preparation for their final assessments.

Approved FAW certificates will be issued only to candidates who successfully complete the final assessment.

Prior to candidates attending this course they should provide a copy of their previous certificate for inspection as a new first aid at work certificate cannot be given until checked.

Certificates expire 3 years from date of assessment, but it is strongly recommended by the HSE that candidates return each year for a 3 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.