

HSE 1 Day Emergency First Aid at Work Course

This course is designed to give the end user a basic knowledge of First Aid so that he/she can assist a First Aider and fulfill their responsibilities in the workplace in line with the First Aid at Work Regulations 1981.

Entry requirements

There are no academic requirements to join this course, however individuals should be of reasonable fitness and not afraid of the sight of blood.

Course structure

The course covers and expands on the following areas:

- Acting safely, promptly and effectively in an emergency
- Cardio Pulmonary Resuscitation (CPR)
- Treating an unconscious casualty (including seizure)
- Choking
- Wounds and bleeding
- Shock • Minor injuries
- Preventing cross infection, recording incidents and actions and the use of available equipment

Assessment method

The course is continually assessed over the day.

Pass marks

There are no set criteria however a pass / fail will be given by the tutor depending on how the candidate conducts him / herself during the day.

Course duration

1 Days (the qualification lasts for 3 Years)

How much does the course cost?

The course costs £70 per person Incl VAT