

HSE 3 day first aid course

This course is designed to give the end user an in depth knowledge of First Aid so that he/she can 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:

• Legal Framework • Management of an Incident • Breathing mechanism and Hypoxia • Unconsciousness and Recovery • Choking procedures • Cardio Pulmonary Resuscitation • Cardiac Arrest • Circulatory System • Heart Attack and Angina • Fractures • Soft tissue injuries and dislocations • Wounds and bleeding • Head Injuries • Stroke • Epilepsy • Diabetes • Poisoning • Burns and Scalds • Fainting • Anaphylaxis • Asthma

Assessment method

The course is continually assessed over the 3 days. There is a formal practical assessment on the last day of the course covering Adult Basic Life Support (BLS) Treatment of an Unconscious casualty, Treatment of wounds and bleeding. There is also a short question paper on the last day of the course comprising 20 multiple choice questions.

Pass marks

To pass the practical element of the course candidates must show an understanding of the techniques being assessed (by an external assessor) and meet pre defined key areas in each process.

Course duration

3 Days (the qualification lasts for 3 Years) the HSE recommend annual refresher training.

How much does the course cost?

The course costs £190 per person Incl VAT. Any person completing the 3 day course with us will get the first Year refresher free.