



# Emergency First Aid at Work

Duration: 1 Day  
Non Accredited

## Accreditation

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**This course is an HSE recognised and certificated course in line with First Aid at Work regulations 1981 and provides a 3 year qualification. The successful candidates once qualified will be First Aiders in the workplace.**

## Introduction/Summary

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**This course will take you through the theory and practical work needed for a "first aid appointed person".**

This workshop can be delivered at our dedicated training centre in Basildon or tailored to meet your needs and delivered at your own premises.

## Content

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**The content is flexible but would normally include the following:**

- Reasons for First Aid
- The Accident Book
- Casualty Communication
- Assessment of the Casualty
- Airway management and basic life support
- Bleeding – types of and treatment
- Burns
- Bones and Joint and Muscle injury
- Epilepsy and Diabetes

## Requirements/Pre Requisites

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There are no pre-requisites for this course.