



First aid in the Workplace – 4 Day (HSENI Approved)

The Health and Safety (First Aid) Regulations 1982 requires you to provide adequate and appropriate equipment, facilities and personnel to enable first aid to be given to your employees if they are injured or fall ill at work. What is **adequate and appropriate** will depend on the circumstances in your work place, and you should arrange for an assessment of your First Aid needs and Training Requirements.

It is also important to remember that accidents can happen at any time. First Aid provision must be available at all times people are at work.

This is a Health & Safety Executive (NI) approved four-day course that complies with the HSE (NI), regarding the provision of First Aid in the Workplace as a legal requirement.

Entry requirements

Nil

Who Should Attend?

This course is ideal for those who are going to be a nominated First Aider in the workplace or those who want the most comprehensive introduction to First Aid.

Course Structure

By the end of the course, candidates will be able to demonstrate the essential knowledge and skill to deal with life threatening emergencies in the workplace.

The following subjects will be covered in 26 contact hours (4 Days)

First Aid in the Workplace

- Responsibilities
- Using a First Aid kit
- Simple record keeping
- Primary/Secondary Assessment
- Principles of Resuscitation (New protocols)
- Breathing disorders and disorders of the respiratory system
- Treatment of unconscious casualty
- Disorders of the circulation system
- Treatment of heart attack
- Recognition and treatment of Head Injuries

- Control of bleeding and treatment of Shock
- Bones, Joints and muscle injuries
- Burns
- Poisons
- Bites and Stings

Maximum course loading 16

Certification

All successful students will receive a certificate as recognised by the Health & Safety Executive. This certificate is valid for a period of three years.