



# Emergency First Aid at Work

Duration: 1 Day

## 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:

- Incident Control
- First Aid Kits and Accident Books
- Calling for Assistance
- Basic Life Support Skills Including The Recovery Position and CPR
- Bandaging Techniques
- Dealing with Bone Injuries
- Provides a 3 Year Nationally Recognised Qualification

## Requirements/Pre Requisites

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There are no pre-requisites for this course.