



# First Aid at Work

**Duration: 3 Days**

## Introduction/Summary

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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.**

## Content

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**The workshop aims to cover the following content:**

- The most current first aid techniques
- In depth training in reporting and identification of casualties
- Triage
- Recognition and treatment of different types of injuries
- Life saving techniques and procedures
- Course concludes with an external trainer assessment of student skills

## Requirements/Pre-Requisites

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There are no pre-requisites for this course.

**For in house training there is a maximum limit of 12 attendees.**