

# First Aid International

# Emergency First Aid at Work

## Course Information Sheet

The Emergency First Aid at Work course is designed to train individuals and company staff that requires Health and Safety Executive approved first aid at work training to meet the requirements of the First Aid at Work Regulations.

This course will provide all the required first aid skills necessary to manage a patient that is not breathing normally, is unconscious, bleeding or is ill or injured prior to the arrival of the emergency services.

For full details of the course content please see overleaf.

### Further Information

For further information or questions relating to First Aid International please contact your local centre:



### Course Specification

**INTENDED PARTICIPANT:**  
HSE Trained Workplace First Aid

**MAX STUDENT INSTRUCTOR RATIO:**  
12 Candidates: 1 Instructor

**MAX CLASS SIZE:**  
24 Candidates (with 2 instructors)

**COURSE DURATION:**  
Initial Training: 6 hours  
Retraining time: 6 hours

**ASSESSMENT:**  
Continuous by Instructor

**CERTIFICATE EXPIRY:**  
3 years from date of completion

First Aid International are approved by the Health and Safety Executive approval number: Great Britain 1397/94 - Northern Ireland 136



## In this course you will learn the following skills:

### INTRODUCTION

- Principles of First Aid
- Chain of Survival
- Emergency Management Procedure
- Care Cycle™

### ESSENTIAL SKILLS

- Scene Survey
- Exposure Protection

### BASIC LIFE SUPPORT

- Primary Survey, Recovery Position and Reassessment
- CPR Adult (Cardiopulmonary Resuscitation)
- Alternative Ventilation Procedures
- Introduction to Automated External Defibrillation (AED)
- Adult Choking

### LIFE THREATENING CONDITIONS

- Severe Bleeding
- Wounds and Bleeding
- Shock Management
- Epilepsy and Seizures
- Minor Injuries

### FIRST AID HEALTH AND SAFETY

- First Aid Kit
- Accident Recording
- Patient Report Form (PRF)

### LEARNING STYLE:

Each section of the book will guide you step by step through each of the essential skills required to be a competent first aider. Through the process of seeing hearing and doing you will learn how to provide first aid in an emergency both safely and effectively. As you complete each skill you will develop the skills, knowledge, techniques and confidence to respond in an emergency.

### INTRODUCTION:

Your instructor is a fully certified First Aid International facilitator who is current with the procedures and knowledge required to ensure you have the best possible learning experience. Each Instructor is registered with First Aid International and renews their status annually to ensure that only current and competent instructors deliver your training and assessment.

### CERTIFICATION:

Certificates are issued by First Aid International using our Centre Management Information System (CMIS). CMIS provides a quick efficient service to all our clients.