

EMERGENCY FIRST AID AT WORK

COURSE AIM

- to demonstrate a level of competence in first aid skills that meets requirements of the Health & Safety (First Aid) Regulations 1981.

CANDIDATE REQUIREMENTS

- fourteen years of age
- physically fit and able to deal with demanding emergency procedures

CERTIFICATE VALIDITY

- thirty-six months
- requalification a maximum of three months before certificate expiry date (certificate from new date)
- extension maximum of twenty-eight days beyond certificate expiry date (certificate from expiry date)

COURSE DURATION

- six contact hours
- each session should last a minimum of two hours, not exceeding three weeks

COURSE VENUE

- all venues must:
 - have adequate space for all course students to complete practical and theory work;
 - have adequate ventilation, light for reading and 'shirt sleeve' environment temperature control;
 - have safe and well lit access and exits that are suitable for those with special needs;
 - be clean, tidy, hygienic and have either carpeted areas or mats provided for practical sessions;
 - have separate toilet facilities for male and female students.

COURSE EQUIPMENT

- minimum requirements include:
 - one manikin per four students;
 - procedures and equipment to maintain hygiene of used equipment;
 - one dressing/bandage per student;
 - one seat per student;
 - adequate writing surfaces for students wishing to take notes;
 - current reference book appropriate to the course aims, objectives and outcomes, per student;
 - audio-visual equipment as preferred, appropriate to the course aims, objectives and outcomes.

COURSE CONTENT

- on completion of training successful candidates should be competent in:
 - understanding the role of the first aider;
 - referring to the use of available equipment;
 - recognising the need to record incidents and actions;
 - understanding the importance of basic hygiene in first aid procedures;
 - assessing the situation and circumstances in order to act safely, promptly, effectively in an emergency;
 - administering first aid to someone who is unconscious;
 - administering first aid to someone who is having a seizure;
 - administering cardio pulmonary resuscitation (CPR);
 - administering first aid to someone with a wound or bleeding injury;
 - administering first aid to someone who is in shock;
 - administering first aid to a casualty who is choking;
 - providing appropriate first aid for minor injuries.