

## 1 day Emergency First Aid at Work

In October 2009 the HSE changed the 1 day "Appointed Persons" course to the "Emergency First Aid at Work" course. This course is to train a nominated person who will take charge in the event of illness or accident when a fully qualified First Aider is not mandatory. First Aiders, at larger organizations, can benefit from this additional support.

As the field of First Aid training is a specialist field, we subcontract a Health & Safety Executive Approved First Aid training company, Accident & Emergency, to provide this course for us.

**Delegates Receive** An A4 & laminated wallet sized certificate valid for 3 years.  
"Emergency First Aid Made Easy" by Nigel Barraclough.



**Suitable for** Low-risk workplaces as the minimum training as stated in the ACOP L74.  
No previous training or qualifications required.

**Course duration** 1 day/ 7 hours.

**Content** HSE regulations, record keeping, Personal hygiene, kits & cross infection risks  
Management of the unconscious adult & paediatric casualty:  
Basic Life Support (CPR)  
Recognition & treatment of:

Asphyxia	Shock & Fainting	Heart Conditions
Stroke	Epilepsy	Diabetes
Severe Bleeding	Burns	Poisons
Specific major & minor injuries	Fractures, dislocations & soft tissue injuries.	