

First Aid at Work

3-day course (9am – 4.30pm)



Day One

Morning Session entails:

Section one

- Welcome to the course
- Safety, aims and objectives
- Introductions
- Handouts and materials
- Aims of a First aider

Section two

- The respiratory and Circulatory systems
- Prioritising casualties
- Hygiene

Section three

- Initial assessment
- Secondary assessment
- Recovery position
- Unconscious Casualties

Afternoon Session entails:

Section four

- Obtaining medical assistance

Section five

- Cardio Pulmonary Resuscitation
- Problems during CPR
- CPR with two first aiders
- CPR for spinal injuries
- Pocket masks

Day Two

Morning Session entails:

Section six

- Problems affecting breathing
- Incident workshop
- Question and answers session

Afternoon Session entails:

Section seven

- Problems affecting circulation
- Workshops/incident management

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Day Three

Morning Session entails:

Section eight

- Fractures
- Strains/sprains & Spinal injuries

Section nine

- Disorders of the brain
- Incident management revision

Afternoon Session entails:

- Assessments

Who should attend?

Someone who:

- Has the ability to cope with stressful and physically demanding emergency procedures
- Is reliable with good communication skills
- Can leave their normal duties quickly to respond to an emergency

Price: £230.00 + VAT per delegate

Course Date: at your convenience (need a minimum of 6 delegates)

Location: Katherine Cavendish House, 224-226 Katherine Street,
Ashton-under-Lyne, OL6 7DB



Please call us on: 0161 330 2546 to enrol