

Awareness Course Outline:

First Aid At Work

Course Title:	First Aid at Work
Overview:	This course covers the practical skills needed by a first aider, it will give you the confidence and knowledge to deal with first aid emergencies.
Course Content:	The course covers: <ul style="list-style-type: none">• Legislation and responsibilities• Accidents and illnesses• Using a first aid kit• Simple record keeping• Managing an incident• Assessment of casualty• Cardio Pulmonary Resuscitation/mouth to mouth• Recognise and treat serious injuries• Miscellaneous injuries, illnesses and conditions
Methods Used:	<ul style="list-style-type: none">• Demonstration• Practice/CPR/Recovery Position/Bandaging/Slings• Discussions• Questionnaires
Venue:	Learners Workplace Venue to be Agreed
Course Duration:	Three days
Certificate:	Learners will receive an formal First Aid certificate