# Emergency First Aid at Work (1 day)

This accredited First Aid training course will teach you how to deliver basic First Aid in emergency situations, including how to perform CPR and use a defibrillator. It is suitable for people working in lower risk environments. If you are a higher risk environment then see our more detailed First Aid At Work 3 day course.

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| **Location** | St. David's Dewi Sant Shopping Centre, Cardiff |
| **Course length** | 1 day |
| **Cost** | £85.00 (ex VAT) , £102.00 (inc VAT) |
| **Prerequisites** | Be 16 years of age or older |
| **Validity of award** | This qualification is valid for 3 years. |

## Topics

Understand the role and responsibilities of a first aider

Be able to assess an emergency situation safely

Be able to provide first aid to an unresponsive casualty who is breathing normally (includes recovery position)

Be able to provide first aid to an unresponsive casualty who is not breathing normally (includes CPR and AED)

Be able to provide first aid to a casualty who is choking

Know how to provide first aid to a casualty who is experiencing a seizure

Know how to provide first aid to a casualty who is suffering from shock

Be able to provide first aid to a casualty with external bleeding

Know how to provide first aid to a casualty with minor injuries (small cuts, grazes, bumps and bruises, small splinters, nosebleeds, minor burns and scalds)

## Assessment

- Continual assessment by the tutor
- Complete a worksheet during the course

## Additional information

There is an optional recommendation of attending a short First Aid Refresher annually.


**Make an enquiry or book a course**

Call now 0800 0246299, Available Mon-Fri, 9am - 5pm
Email info@stdavidsfirstaid.co.uk


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