

# Emergency First Aid at Work (1 day)



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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](#).

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

## Topics

- Understanding the importance of preventing cross-infection
- Understanding the need for recording incidents and actions
- Safe application and use of an AED (Automated External Defibrillator)
- Assessing the situation and circumstances in order to act safely, promptly and effectively in an emergency
- Administering first aid to a casualty who is unconscious, having a seizure, choking, wounded and bleeding or suffering from shock
- Administer cardiopulmonary resuscitation (CPR)
- Provide first aid care to a casualty for minor injuries including small cuts, grazes, bruises, minor burns, scalds and small splinters

## 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. This course is held in a central Cardiff location.

## Make an enquiry or book a course

- Call now 0800 0246299, Available Mon-Fri, 9am - 5pm
- Email [info@stdavidfirstaid.co.uk](mailto:info@stdavidfirstaid.co.uk)