

First Aid at Work (3 days)

Printed on 21 January 2026



This accredited and comprehensive First Aid training course covers a wide range of practical skills which can be used within a workplace first aid situation. It is suitable for people working in higher risk environments. If you are in a lower risk environment then see our [Emergency First Aid At Work 1 day course](#).

Location	St. David's Dewi Sant Shopping Centre, Cardiff
Course length	3 days
Cost	£225.00 (ex VAT), £270.00 (inc VAT)
Prerequisites	Be 16 years of age or older
Validity of award	Valid for 3 years and can be re-validated on a 2 day refresher course

Topics

- Ability to act safely, promptly and effectively when an emergency arises in the workplace
- Ability to administer cardiopulmonary resuscitation (CPR) promptly and effectively
- Safe application and use of an AED (Automated External Defibrillator)
- Administering First Aid safely, promptly and effectively to a casualty who is unconscious, wounded or bleeding, burned or scalded, suffering from bone injury, muscle injury, joint injury, shock, eye injury, poisoned, or overcome by gas/fumes
- Transporting a casualty to safety as required by the circumstances of the workplace
- Recognition of minor illnesses and taking appropriate action
- Maintaining records and providing written information to a doctor or hospital if required
- Understanding the importance of personal hygiene in First Aid procedures
- Understanding the legal framework for First Aid provision at work
- Use of available equipment

Assessment

- Continual assessment by the tutor
- Demonstrate the ability to administer cardiopulmonary resuscitation (CPR) on an adult manikin
- Demonstrate the ability to carry out First Aid for an unconscious casualty
- Demonstrate the ability to carry out First Aid for a workplace emergency situation
- Complete 2 worksheets during the course

Additional information

There is an optional recommendation of attending a short First Aid refresher course

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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@stdavidsfirstaid.co.uk