# First Aid at Work - (3 days)

Printed on 25 April 2024

The First Aid at Work qualification aims to create a level of competence in first aid skills for the workplace.

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| **Location** | At your workplace |
| **Course length** | 3 days |
| **Cost** | Price on request |
| **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 annually. This course is held in a central Cardiff location.

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## 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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