

First Aid at Work (HSE approved course)

This course covers the practical skills needed by a first aider in the modern workplace. The course will give you the confidence and knowledge to deal with first aid emergencies.

What you will learn

The course will give you the knowledge and confidence to deal with a first aid emergency in the workplace.

Course content

- Accidents and illness
- Using a first aid kit
- Treatment of an unconscious casualty
- Heart attacks
- Resuscitation
- Shock
- Choking
- Bleeding
- Burns and scalds
- Poisoning
- Fractures
- Asthma
- Severe allergic reaction Eye injuries
- Low blood sugar (Type 1 and Type 2 Diabetes)

Course duration

Four days. The course is usually offered as four consecutive days; however, we also offer it as a split course over two or four weeks. (24 Hours)

From October 2009 this course will be three days following the changes announced by the HSE.

Assessment and Certification

After completing a final assessment successful candidates receive an HSE approved certificate valid for three years.

This course is legally compliant with the current Health and Safety (first aid) Regulations 1981. Upon successful completion of this four day course, first aiders receive certification to allow them to practise for three years after which a re-qualification course becomes necessary.

ASPIRE RAIL

Unit 15b, Crewe Hall Enterprise Park, Cheshire, CW1 6UA
Tel: 01270 254 176 Fax: 01270 253 267 email: info@aspirerail.co.uk

