

ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

First Aid in the Workplace

£15
ONLY



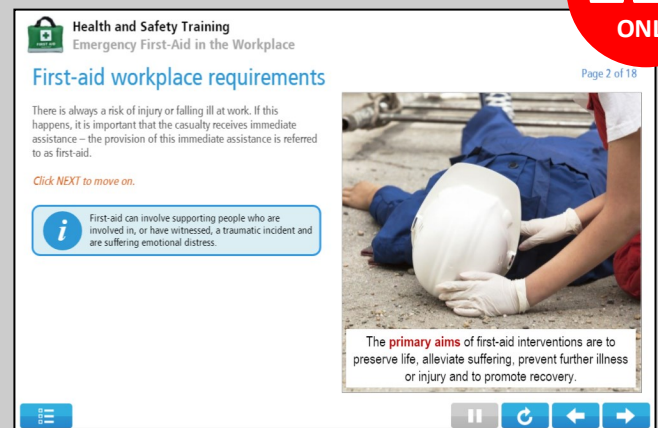
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Health and Safety
Emergency First Aid in the Workplace



Approximate Duration: 2 hours

The content incorporates knowledge requirements and best practice provided by the Health and Safety Executive, and is used under the Open Government Licence (OGL).



Health and Safety Training
Emergency First-Aid in the Workplace

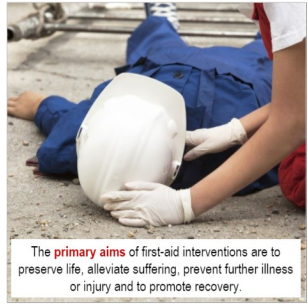
First-aid workplace requirements

Page 2 of 18

There is always a risk of injury or falling ill at work. If this happens, it is important that the casualty receives immediate assistance – the provision of this immediate assistance is referred to as first-aid.

Click NEXT to move on.

i First-aid can involve supporting people who are involved in, or have witnessed, a traumatic incident and are suffering emotional distress.



The **primary aims** of first-aid interventions are to preserve life, alleviate suffering, prevent further illness or injury and to promote recovery.

This First Aid in the Workplace online training will help you to recognise emergency medical situations and make you aware of the actions to take or avoid before a qualified First-Aider or professional medical help arrives on the scene.

The training is especially suited for nominated first aiders in smaller, low risk working environments.

Everyone should be provided with basic emergency first aid knowledge, as there is always a risk of injury or falling ill at work and it is important that the casualty receives immediate assistance.

No previous first aid knowledge is required.

The approximate duration of this training is 2-3 hours.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress and attainment.

Our training licences **don't expire** and are only assigned to a learner the first time they launch the training. Substantial discounts are applied to bulk purchases and annual licences are also available.

The course has been certified by the CPD Certification Service.

The course assessment is generated from question banks so will change each time it is taken. A certificate, with the CPD logo, is available for download on successful completion of the assessment.

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ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

First Aid in the Workplace

FIRST AID WORKPLACE REQUIREMENTS

- What is meant by the term **first aid**.
- Who should give first aid.
- The Health and Safety (First-Aid) Regulations 1981.
- The minimum first aid provision at work.
- The requirement for, and contents of, a first aid box.
- RIDDOR and when to report injuries and illness.

THE RECOVERY POSITION

- What is meant by the term **unresponsive**.
- How to check the level of responsiveness.
- The purpose of the recovery position.
- How to place a casualty in the recovery position.

RESUSCITATION (CPR)

- What is meant by the term **CPR**.
- How to give chest compressions and rescue breaths.
- The ratio of chest compressions to rescue breaths.
- When to stop CPR.

AUTOMATED EXTERNAL DEFIBRILLATORS (AEDS)

- The purpose of an AED.
- When and how an AED should be used.

SHOCK

- What is meant by **shock**.
- Common causes and signs of shock.
- How to deal with anaphylaxis.
- The action to take if you suspect a casualty is suffering from shock.

CHOKING

- Why you might not realise a casualty is choking.
- The sequence of actions to take if you think someone is choking.
- What to do if the casualty becomes unresponsive.

MINOR INJURIES

- How to deal with minor bleeding from cuts and grazes.
- How to deal with a nosebleed.
- How to deal with bruising.

BURNS AND SCALDS

- The layers of the skin.
- Types of burn.
- When the casualty should visit A&E.
- How to deal with electrical and chemical burns.

SEVERE BLEEDING AND MAJOR BLOOD LOSS

- The difference between minor and severe bleeding.
- How to slow or stop the bleeding until professional help arrives.
- What to do if there is an object embedded in a wound.
- When a tourniquet might be used and precautions that should be taken.

THE PRIMARY SURVEY

- The purpose and sequence of steps that make up the Primary Survey.