



## **First Aid – Four Day HSE Appointed Person At Work Course**

### **Course Overview**

This first aid at work course is approved by the Health & Safety Executive and covers primary and secondary care and also treatment and management of emergencies that may occur in the workplace.

### **Course Objectives**

There will be plenty of hands on practice and we have high quality training equipment so you will leave the course competent and confident enough to deal with an emergency situation should it arise.

### **Course Content**

- Scene assessment
- Barrier use
- Primary assessment
- One rescuer adult CPR
- Serious bleeding management
- Shock management
- Spinal injury management
- Conscious choking adult
- Injury assessment
- Illness assessment
- Bandaging
- Splinting

It will also cover health & safety legislation relating to first aid, accidents at work, first aid kits, reporting accidents at work and other responsibilities of an appointed person

### **Duration**

Four Days

### **Course Outcome**

Anglia Risk Solutions - Certificate of Attendance

There is a multiple choice exam for which you will be well prepared. You will undergo an assessment on the final day of the course.