



## HSE Emergency First Aid at Work

The Emergency First Aid at Work (EFAW) course is intended for low risk organisations that have carried out an appropriate first aid assessment. Class sizes are restricted to 12 students to allow for plenty of discussion concerning student's varied work places and their specific risks. The Health and Safety Executive (HSE) approve this course.

### Who will benefit?

This is a very practical based course with key life saving skills so is suitable for anyone who enjoys applying practical skills.

### Course Objectives

To teach basic life saving first aid.

### Course Content

The role of the first aider including reference to:

- the importance of preventing cross infection
- the need for recording incidents and actions
- Use of available equipment
- Assessing the situation and circumstances in order to act safely, promptly and effectively in an emergency
- Administering first aid to a casualty who is unconscious (including seizure)
- Administering cardiopulmonary resuscitation (CPR)
- Administering first aid to a casualty who is choking
- Administering first aid to a casualty who is wounded and bleeding
- Administering first aid to a casualty who is suffering from shock
- Recognising the onset of a serious head injury
- Providing appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters)
- Provide first aid for incidents identified by the employer or student as being a risk

### Certification

Delegates who attend the course will receive an Emergency First Aid at Work Certificate.

### Course information and bookings

This six-hour course costs £ 95 plus VAT per person or £725 for a group booking of up to 12 delegates in-house.

The course is available in partnership with our First Aid Training Specialists who HSE licensed trainers

For more information, dates and venues telephone 0333 321 0131

