

Emergency First Aid at Work

Course Overview

This course is designed for people who work in low risk sectors e.g. Offices, Shops and libraries, defined by a suitable and sufficient work place risk assessment, covering basic life saving techniques and instructions on how to deal with an emergency situation should anyone take ill or be injured, whilst at work.

Aims & Objectives

This course will cover basic life saving techniques and instruction on how to deal with an emergency situation, should anyone either take ill or be injured, whilst at work.

Content

- Acting safely, promptly and effectively in an emergency
- Cardio Pulmonary Resuscitation (CPR)
- Basic use of an Automated External Defibrillator (AED)
- Treating an unconscious casualty (including seizure)
- Wounds and external bleeding
- Shock
- Minor Injuries
- Choking
- Preventing cross infections, recording incidents and actions and the use of available equipment
- Catastrophic Bleeding (haemostatic dressings and tourniquets) – Optional element

Duration: 6 hours (not including comfort and lunch breaks)

Certification: QA Level 2 Award in Emergency First Aid at Work (QCF) certificate upon completion of course, valid for 3 years.

Contact Us: For more information simply call us on **01623 676455**, or email us at **info@ecst.co.uk**

Essential First Aid Training

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