



Basic First Aid



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APPROVED TRAINING





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Basic First Aid

Thousands of people every year suffer from various injuries at work which could have been easily minimised if people had known the basic principles of Basic First Aid.

This is not to replace any formal practical training, but provides an excellent guide to refreshing your knowledge and updating your skills as a first aider.

Test and Certification:

At the end of the course you will be given a test of 20 multiple choice questions. The required pass rate is 85%.

You will be able to download and print (if required) a digital certificate on completion of the course.

Main course certificates lasts for 12 months.

Who is this training for?

This course is aimed at all First Aid at Work qualified staff to act as an update and reminder to their formal training which they have to undertake every 3 years. It is also beneficial to others in the organisation if you require staff to have basic knowledge on how to deal with first aid situations if they occur in the work place until the emergency services arrive.

What does the course cover?

- How to assess an accident.
- What to do when assessing an accident.
- Training in CPR (Cardiopulmonary Resuscitation).
- The Recovery Position.
- Shock.
- Major Bleeding.

Training Outcomes:

- Know what to do if you are first on the scene of an accident.
- How to assess the scene of an accident
- How to perform CPR
- How to put a casualty in the recovery position
- How to deal with casualties who are in shock or have major bleeding.



Video Presentations.



Interactive games.



Test and Certifications.

“Surprisingly approximately 150,000 people could be saved each year if more people knew the basic skills of a first aider.”

HSE Executive

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