

## First Aid at Work

Candidates must be over 16 to receive certification, but no prior First Aid training is required to attend this course.

### Course Content

This is a three day course designed primarily for candidates who want/need to become First Aiders in the Workplace. It will train them from the basics up to the more advanced first aid. After completion the candidates will be equipped to practice first aid in the workplace and be a first responder to a first aid call. The course includes topic areas:

- ❖ What is first aid
- ❖ First aid in the workplace
- ❖ Responsibilities of the Appointed Person
- ❖ Action at an Emergency
- ❖ Primary Assessment
- ❖ Secondary Assessment
- ❖ Breathing and Circulation
- ❖ Principles of Resuscitation
- ❖ Resuscitation procedure
- ❖ Disorders of Respiration
- ❖ Disorders of Circulation
- ❖ Wounds and bleeding
- ❖ Bites and stings
- ❖ Disorders of Consciousness
- ❖ Foreign Objects
- ❖ Practical Session Recap
- ❖ Incident management
- ❖ Burns and scalds
- ❖ Bones Joint and Muscle Injury
- ❖ Poisoning
- Effects of Heat and Cold
- ❖ Incident management

This course is assessed via a written and practical assessment

<b>Course length</b>	3 days
<b>Course cost</b>	£300 per person
<b>Course dates*</b>	12 <sup>th</sup> , 13 <sup>th</sup> and 14 <sup>th</sup> October 2010 14 <sup>th</sup> , 15 <sup>th</sup> and 16 <sup>th</sup> March 2011 22 <sup>nd</sup> , 23 <sup>rd</sup> and 24 <sup>th</sup> June 2011
<b>Certification</b>	This course is approved by the HSE
<b>Contact</b>	Please call 01223 418778 or email <a href="mailto:training@camre.ac.uk">training@camre.ac.uk</a>