

# Which First Aid course is right for me?

## What is an appointed person?

An appointed person is someone who administers basic first aid when someone is injured or falls ill, including calling an ambulance if required. They can also look after the first aid equipment e.g. restocking the first aid box. If this is you take the Emergency First Aid course.

## What is a first aider?

A first aider is someone who has undergone an enhanced 3 day training course that covers in depth first aid at work and takes responsibility for first aid in the work place.

Cambridge Regional College's First Aid at Work courses are approved by the Health and Safety Executive (HSE).

<b>Category of risk from your risk assessments.</b>	<b>How many employees?</b>	<b>What first aid personnel do you need?</b>
Low Hazard  e.g. shops and offices, libraries.	Less than 25	At least one appointed person.
	25-50	At least one first aider.
	More than 50	One additional first aider for every 100 employed.
Higher Risk  e.g. light engineering and assemble work, food processing, warehousing, extensive work with dangerous machinery or sharp instruments, construction, chemical manufacture	Less than 5	At least one appointed person.
	5-50	At least one first aider trained in EFAW or FAW depending on the type of injuries that might occur.
	More than 50	At least one first-aider trained in FAW for every 50 employed staff.

Key:

EFAW – Emergency First Aid at Work

FAW – First Aid at Work