

Emergency **First Aid** at Work

Course Overview – **What to expect?**

Our 1-day Emergency First Aid at Work course is ideal for anyone needing to act as a qualified First Aider in low-risk environments such as offices, shops, schools, and other workplaces where hazards are minimal and serious injuries are unlikely. The course is fully accredited and meets the Health and Safety (First Aid) Regulations 1981.



**At our Venue
or Yours***



**1 Day –
6 Hours**



**12 Delegates
per Trainer**

*“be that **person** that makes a **difference**”*

WHAT YOU'LL LEARN?

- Understand the role and responsibilities of a First Aider
- Check and use a First Aid Kit safely
- Assess an emergency situation and decide what to do first
- Perform CPR and safely use an AED (defibrillator)
- Help someone who is choking
- Respond to seizures
- Recognise and treat heart problems and strokes
- Control severe bleeding and manage shock or internal bleeding
- Treat burns and minor injuries like cuts, grazes, splinters, and scalds

WHO IS THE COURSE FOR?

- Anyone who is a designated First Aider at work
- Anyone who wants to feel confident and prepared to help in an emergency at work, home, or in the community
- Anyone who wants to renew their Emergency First Aid at Work certificate (EFAW)



Certificate No: 421992023



COURSE DETAILS

Duration: A minimum of 6 hours (excluding breaks) – 2 x 15 minute breaks + 30 minute lunch

Where: Our training centres or your venue*

Please arrive: 15 minutes before start time

CERTIFICATION

On successful completion, you will receive an Emergency First Aid at Work Certificate **valid for 3 years**

Our courses are fully accredited by **First Aid Industry Body (FAIB)** or **Qualsafe Awards** which is an **OFQUAL regulated body**.

*We also offer in-house training sessions with no limit on the number of participants.



ASSESSMENT

Your trainer will assess you throughout the course through practical demonstrations and participation. At the end, you will need to complete a short multiple-choice test, the pass rate of which is 80%.

FIRST AID AT WORK REQUALIFICATION

Your Emergency First Aid at Work Certificate is **valid for 3 years**. However, the HSE strongly recommends that First Aiders complete an annual refresher course to keep skills sharp and up to date.

Join our [annual refresher course](#) and refresh your first aid knowledge.

BOOK NOW

FIND COURSES



If you got any questions regarding course or booking call us at 0800 260 6942 or email us on info@safehaventraining.co.uk

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