

# First Aid at Work

## Course Overview – What to expect?

Our 3-Day First Aid at Work course is designed for those who need comprehensive first aid skills to respond confidently in higher-risk workplaces such as construction sites, manufacturing facilities, warehouses, large offices, schools, and hospitality settings. Building on the 1-Day Emergency First Aid course, this program provides in-depth practical training and a broader understanding of workplace medical emergencies.



**At our Venue  
or Yours\***



**3 Days –  
18 Hours**



**12 Delegates  
per Trainer**

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

## WHAT YOU'LL LEARN?

- Roles and responsibilities of a First Aider
- Assessing and managing emergency situations safely
- Performing Primary (DR ABC) and Secondary Surveys
- Administering CPR and using an AED safely
- Placing and monitoring a casualty in the Recovery Position
- Recognising and treating choking, seizures, heart attacks, strokes, and respiratory emergencies
- Managing wounds, bleeding, shock, burns, and scalds
- Using tourniquets, wound packing, and advanced bandaging techniques
- Applying first aid in realistic scenario-based practice

## WHO IS THE COURSE FOR?

- Designated First Aiders in the workplace
- Employees in high-risk environments (e.g., construction sites, warehouses, manufacturing)
- Workplaces with staff who have known medical conditions (e.g., epilepsy)
- Anyone seeking in-depth first aid knowledge to manage serious injuries and medical emergencies

## COURSE DETAILS

**Duration:** 3 Days - 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 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.



Certificate No:421992023



## 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 First Aid at Work certificate is valid for **3 years**. To maintain your qualification, you can attend our **2 Day First Aid at Work Requalification** course, which refreshes your skills and updates your knowledge.

The HSE also recommends an annual refresher to keep your first aid skills sharp and ensure you are confident in handling workplace emergencies.

**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](mailto:info@safehaventraining.co.uk)**

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