

# Emergency First Aid in the Workplace - Half Day

## **Who should attend this one day course**

Managers and front line staff working in any support setting who need a basic awareness of emergency first aid in the work place

## **Introducing the Trainer**

Faiers Training works exclusively with people who have an excellent reputation and proven track record in their field. The course tutor Mick Mills has delivered First Aid training at all levels of competence for many years in his role as Unit Leader with St John Ambulance.

## **COURSE OVERVIEW**

The course will provide attendees with the basic skills and knowledge to assess and respond to first aid emergencies in the workplace and/or recognise the need to summon help.

- Understand the role of the First Aider
- Act appropriately, quickly and effectively in the event of a medical emergency
- Use the recovery position appropriately to minimise further injury
- Recognise common medical problems and take appropriate action
- Administer cardio-pulmonary resuscitation (CPR) safely and effectively
- Administer first aid to a casualty who:
  - is bleeding or choking
  - has sustained an injury to bones muscles or joints
  - has sustained burns or is scalded
  - is suffering from shock
- Report and record accidents appropriately

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