



## HSE Emergency First Aid at Work Course Description

### Aims & Objectives

The aims and objectives of this course are to enable individuals designated as the first aider at work to carry out appropriate first aid in an emergency situation. Following the course the attendees will be able to manage a casualty who is injured at work, or suffers from a serious illness, until the emergency services arrive. This course is also the minimum acceptable by the HSE for first aiders in smaller or low risk workplaces.

### General Information

Maximum of 16 attendees per instructor

### Course Duration

One day – 6 hours

### Delivery Technique

This course is delivered via a range of techniques including;

- Instructor led presentation
- Group practice
- Group discussion
- PowerPoint
- Video presentation

The amount of different methods of presentation is flexible to suit the needs of the group.

### Course Assessment

This course is subject to ongoing assessment by the instructor throughout the course. There is no final assessment. The instructor observes attendees practice sessions as the training progresses to ensure the required level of understanding.

### Course Certification

All successful attendees will be awarded a certificate approved by the Health & Safety Executive (HSE). This certificate is valid for three years.

### What do I need to host this course on site?

- A room that will comfortably seat the amount of attendees and allow for floor practice for the duration of the course

# HSE Emergency First Aid at Work - Course Content

## Day One

Introduction & Course Administration  
Aims of First Aid  
Dealing with an Emergency  
Priorities of Treatment  
Cardio Pulmonary Resuscitation – Adult  
Break  
Cardio Pulmonary Resuscitation (cont'd) – Adult, Child & Baby  
Recognition and Treatment of Regurgitation.  
Use of Face Shields  
**Lunch**  
Choking Adult, Child & Baby  
Unconscious Patient – Including Recovery Position and Seizures  
Bleeding / Shock  
Break  
Wounds/ Bleeding  
Burns / Scalds  
Recording Incidents  
Questions and Answers  
Course Closure and Evaluations