

HSE First Aid at Work Course Description (as from 1st October 2009)

Aims & Objectives

The aims and objectives of the HSE (Health & Safety Executive) First Aid at Work 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. Each on site course is tailored around your workplace where possible.

General Information

Maximum of 12 attendees per Instructor

Cost of On Site Training - £1150* + vat for the complete training package including comprehensive training manual, certificate and all training aids for use throughout the course.

*Please add an additional 10% for courses within London (please contact the office for a definition of this area)

Course Duration

18 hours (3 Days)

This can be broken down into bite size chunks of training to suit your requirements. Training must be completed over a maximum of nine weeks.

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

All attendees are required to undertake an assessment on the final day of the course; both practical and theoretical aspects will be assessed. The assessments are carried out by two external assessors who have not been involved in the teaching of the course. Our assessors are trained to carry out the assessments in a low stress environment and to install confidence in all attendees.

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 your amount of attendees and allow for floor practice for the duration of the course
- Two additional assessment areas on the final afternoon of the course

HSE First Aid at Work - Course Content and Timetable

Day One

09.00 – 09.15 Introduction & Course Administration
 09.15 – 09.45 Aims of First Aid
 Dealing with an Emergency
 09.45 – 10.30 Priorities of Treatment
 Cardio Pulmonary Resuscitation (CPR) - Adult
10.30 – 10.45 Break
 10.45 – 11.45 CPR continued – Adult, Child & Baby
 11.45 – 12.00 Recognition & Treatment of Regurgitation.
 Use of face shields
12.00 – 12.30 Lunch
 12.30 – 13.10 Unconscious Patient
 13.10 – 14.40 Hypoxia causes / signs & symptoms (inc
 Respiratory system & chest injuries)
14.40 – 14.55 Break
 14.55 – 15.15 Choking – Adult, Child & Baby
 15.15 – 16.30 Asthma / Hyperventilation
 Recap, Questions & Answers

Day Two

09.00 – 09.30 Recap of Day One
 09.30 – 10.30 The Circulatory System
 Blood Loss theory / Internal Bleeding
10.30 – 10.45 Break
 10.45 – 11.05 Treatment of Severe Bleeding
 Hygiene
 11.05 – 12.00 Bandaging
 First Aid Kits
12.00 – 12.30 Lunch
 12.30 – 13.25 Shock / Anaphylaxis
 13.25 – 14.25 Angina & Heart Attack
14.25 – 14.40 Break
 14.40 – 15.05 Stroke "Brain Attack"
 15.05 – 16.30 Burns & Scalds
 Poisoning
 CPR / Recovery Practice

Day Three

09.00 – 09.30 Recap of Day Two
 09.30 – 10.50 Skeletal System
 Fracture Signs & Symptoms
10.50 – 11.05 Break
 11.05 – 12.05 Sprains & Strains
 Head & Spinal Injuries
12.05 – 12.35 Lunch
 12.35 – 13.35 Epilepsy / Seizures
 Diabetes
 13.35 – 14.15 Secondary Assessment
 CPR / Assessment Practice
 14.15 – 14.30 Incident Recording
 14.30 – 16.00 Final Assessments
 16.00 – 16.30 Communication of Results
 Course Closure and Evaluation