

## Emergency First Aid at Work

**The WorkSafe Emergency First Aid at Work programme meets the requirements of the Health and Safety Executive for first-aiders working in low risk environments (offices, shops, residential care settings etc).**

The qualification will equip the first-aider with the skills to be able to confidently undertake emergency first-aid if someone becomes ill or injured at work and consists of 6 hours of instructor led tuition with the emphasis on practical application of first-aid skills.

Full information on the different levels and requirements for First-Aid in the Workplace can be found on the HSE website [here](#).

The content covers the basic essentials required to provide emergency care to a patient. Candidates will receive training in a range of first-aid skills including:

- **The ability to act safely and effectively when an accident or emergency occurs.**
- **The treatment and priorities of care for an unconscious patient.**
- **The recognition and treatment of a person in seizure.**
- **The recognition of cardiac arrest and delivery of Cardio-Pulmonary Resuscitation (CPR).**
- **The ability to recognise and safely treat a patient who is choking.**
- **The ability to safely and promptly treat a patient who is bleeding.**
- **The keeping of simple records following an accident at work.**

By choosing a Sumners First-Aid Training / WorkSafe training programme you or your employees will receive:

\*A comprehensive student resource pack for each delegate containing a market leading first-aid reference manual for use during the class and as post course reference.

\*Professional training delivered by quality assured instructors and a maximum class size of 12 per instructor.

\*Active learning strategies with opportunities for practice in small, relaxed groups monitored by the instructor.

\*Fully interactive presentation materials that use a graphical approach to learning.

\*The opportunity to complete a course evaluation and register online with the WorkSafe website to access special offers and first-aid related updates.

\*Successful candidates will be awarded a qualification in Emergency First-Aid at Work qualification, valid for 3 years and certificated by WorkSafe Training Systems.

Please Note: The HSE recommend that all workplace first-aiders receive annual refresher training in first-aid techniques whilst holding this qualification.