

## First-Aid at Work

**The WorkSafe First-Aid at Work programme meets the requirements of the Health and Safety Executive for first-aiders working in medium and high risk environments.**

The qualification will equip the first-aiders with skills to be able to confidently undertake emergency first-aid if someone becomes ill or injured at work and provide effective care for a wide range of common workplace injuries and illnesses. First-aid at Work training consists of 18 hours of instructor led tuition, delivered over a minimum of 3 days, with emphasis throughout 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 course is delivered in accordance with the Approved Code of Practice L74 for qualifying First-aid personnel in the workplace.

Candidates will receive training in a wide 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 of cardiac arrest and delivery of cardio-pulmonary resuscitation (CPR)**
- **The ability to safely and promptly treat a patient who is bleeding**
- **The ability to recognise and treat a patient in shock**
- **The keeping of simple records following an accident at work**

Students will also learn to provide care for patients who have:

- **Suffered a burn or scald**
- **Injured bones, muscles or joints**
- **Been poisoned by ingestion or inhalation of a substance or gas**
- **Suffered an injury to the eye**
- **Signs and symptoms of a major illness e.g. heart attack**

Assessment – This course has a formal assessment process which includes a written assessment of the learner's first-aid knowledge as well as practical assessment of the learners ability to perform safely and effectively in a range of first-aid situations.

By choosing a Sumners First-aid Training / WorkSafe training programme you or your students 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 First-aid at Work, 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.

Due to the nature of the providing workplace first-aid at this level the selection of suitable workplace first-aid candidates will depend upon a number of factors. These include:

Reliability, disposition and communication skills

Aptitude and ability to absorb new knowledge and learn new skills

Ability to deal with an emergency situations in a calm and controlled manner

Normal duties: These should be such that the first-aiders may be able to leave their normal duties immediately to provide emergency care to an ill or injured worker

**Course Duration: 3 days (minimum 18 contact hours). Dates do not have to be consecutive.**

Summers first-aid training can deliver this training onsite at your premises if required. Please contact us for further information.