



## Course Information

### HSE Emergency First Aid in the Workplace

Once an employer has completed their risk assessments the potential injuries/illness that are highlighted from this process must be taken into consideration when choosing the most appropriate first aid course. Contact us if you need help or advice with this process.

HSE Emergency First Aid in the Workplace course content:

This 1-day course meets the requirements of the HSE and will give candidates the knowledge and confidence to provide effective first aid for their organisation.

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Fun, dynamic training

All course materials

Realistic Casualty Simulation

Lots of hands on practical sessions

HSE Certificate valid for 3 years

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HSE strongly recommend that first aider's in the workplace undertake annual refresher training of at least 3 hours within any three-year certification period.

**Please ask for a quote for in-house courses for 6+ people**

- *Understand the role of the first aider*
- *Personal hygiene at first aid incidents*
- *The legal framework of first aid provision*
- *The use of first aid equipment and resources*
- *The role of the first aider*
- *How to act in an emergency*
- *Cardio-pulmonary-resuscitation (CPR)*
- *Unconscious casualty*
- *Seizures/epilepsy*
- *Choking*
- *Wounds & bleeding*
- *Shock*
- *Treatment for minor injuries (including small cuts, grazes, bruises, minor burns & scalds)*

Employers who identify that the above content does not fully cover their potential injuries/illness should contact us to ensure that any additional subject/s are included in the course content. This may necessitate an increase in the course length.

Training is delivered using relevant practical and realistic casualty simulation techniques ensuring that candidates are kept engaged.

This course is delivered by our team of experienced trainers who make the course fun, interesting, practical and relevant to your workplace.