


## Course Information

### HSE First Aid at Work

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 First Aid at Work course content:

- *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*
- *How to act in an emergency*
- *Cardio-pulmonary-resuscitation (CPR)*
- *Unconscious casualty*
- *Seizures/epilepsy*
- *Choking*
- *Wounds & bleeding*
- *Shock*
- *Injuries to bones, muscles & joints*
- *Spinal injuries*
- *Chest injuries*
- *Eye injuries*
- *Burns & scalds*
- *Poisoning*
- *Anaphylactic shock*
- *Heart attacks*
- *Stroke*
- *Asthma*
- *Diabetes*
- *Minor illness*



This 3-day course meets the requirements of the HSE and will give candidates the knowledge and confidence to provide effective first aid for their organisation.

---

Our price includes:

Certificate valid for 3 years

Dynamic & fun training

All course material

Realistic Casualty Simulation

---

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.

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

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

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