

EMERGENCY FIRST AID

This **1 day** course is suitable for individuals who:

- would like to become an Appointed Person, providing support to qualified First Aiders in a working environment (in accordance with Health & Safety, First Aid, Regulations 1981)
- need to renew their existing Appointed Person's certificate by attending a refresher course
- would like to learn how to or to improve their ability to deal with emergency situations

Course outline

Trainees are first taught how to make an initial assessment when faced with an emergency situation and then to take the appropriate action as necessary. The syllabus includes:

- seeking help from the emergency services
- carrying out basic life-saving techniques, including dealing with shock, clearing the airway, resuscitation techniques etc
- identifying the cause and dealing with specific problems, including burns & scalds; choking; poisons; strokes; heart failure; fractured or broken bones; head injuries etc

Up to date advice is given on infection and hygiene, first aid materials and the contents of first aid kits. During the course Trainees have the opportunity to practice emergency techniques on dummies provided.

The HSE compliant Attendance Certificate is valid for 3 years.

Comments from trainees who have attended:

'I found the simple DR ABC formula a very effective warning tool, giving confidence that it will be easy to remember what to do should an emergency occur'

'Very informative, concise and to the point'

