Emergency First Aid at Work

This programme consists of one day's training in Emergency First Aid Procedures designed to give the student a basic knowledge for providing first aid within the workplace.

The course is approved by the Health & Safety Executive and is delivered in accordance with the Approved Code of Practice L74 for training of candidates in first aid for low risk environments.

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.

Emergency First Aid at Work (EFAW) follows a HSE approved syllabus laid down by LS&C/Worksafe Training Systems and utilises the following training methods:

- Comprehensive student pack for each delegate containing full colour reference manual for use during the class and as an ongoing reference
- Fully approved and quality assured instructors with a normal class size not exceeding 12.
- Active learning strategies with opportunity for lots of practice in small, relxed groups monitored by the instructor.
- Professional presentation material that uses a graphical approach to ensure understanding of key topics.
- The opportunity to complete a course evaluation and register online with the LS&C/Worksafe website to activate automatic qualification expiry reminders and signup for industry related updates.

Successful candidates will be awarded a plastic qualification card on completion and receive a full colour A4 certificate awarded by LS&C/Worksafe Training Systems.