



# First Aid at Work

Course Code: FA3

## Introduction

### COURSE OUTLINE

This course is designed for anyone wanting to become an accredited first aider or appointed person. Particularly appropriate to companies where HSE guidelines recommend a trained first aider qualified in first aid at work.

The First aid at work training course provides you with the set of skills needed by first aiders in workplaces to become a first aider at work. Giving both the ability and knowledge to deal with first aid emergencies. It meets the standards required to help comply with Health and Safety (First aid) regulations.

The First Aid at Work (FAW) is the highest and most widely recognised first aid qualification. It is suitable for workplaces where risk assessments identify the need for highly trained first aiders due to the size of the organisation or workplace, nature of the business or the groups of individuals considered.

The comprehensive and in-depth course will be delivered in a friendly and relaxed way, and will enable learners to respond to an extensive range of first aid incidents and emergencies. It will also provide fundamental details on the legalities of first aid and the responsibilities of employers.

## Content

Legalities, responsibilities and reporting.

Assessing the situation.

Heart attacks

Dealing with an unresponsive casualty



Eye injuries

Fractures and spinal injuries

Choking

Control of bleeding

Chest injuries

Diabetes

Shock (including Anaphylaxis)

Asthma

Head injuries

Poisoning

Sprains and strains

Stroke

Burns

Epilepsy

Resuscitation (including the use of a defibrillator)

Bandaging

## **Aim**

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## AIMS AND OBJECTIVES

- Understand the role and responsibilities of a first aider
- Be able to assess an incident
- Be able to conduct a secondary survey
- Be able to manage an unresponsive casualty who is breathing normally
- Be able to manage an unresponsive casualty who is not breathing normally
- Be able to recognise and assist a casualty who is choking
- Be able to manage a casualty with external bleeding
- Be able to administer first aid to a casualty with injuries to bones, muscles and joints
- Be able to administer First Aid to a casualty with suspected head and spinal injuries
- Be able to administer First Aid to a casualty with suspected chest injuries
- Be able to administer First Aid to a casualty with burns and scalds
- Be able to administer First Aid to a casualty with an eye injury
- Be able to administer First Aid to a casualty with sudden poisoning
- Be able to administer First Aid to a casualty with anaphylaxis
- Be able to provide First Aid to a casualty with suspected major illness

## Participants

Those requiring qualifications in First Aid in the Workplace and demonstrate they can make a difference in FAW Situations

A maximum of 12 learners are allowed per instructor and must be a minimum of 14 years of age. An individual cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role. The qualification will expire as dated on the certificate, irrespective of age.

## Certification

Assessment is ongoing by the instructor, along with a multiple choice question paper after each day, and a three-year qualification will be issued to those who satisfy the criteria.

In addition, the HSE strongly recommend that all students undergo an annual refresher programme of three hours.



Speak to a course advisor  
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