

First Aid at Work

Three Day (18 Hour) Practical Course



Overview

This course is ideally suited to workplaces where a risk assessment has identified the need for staff to possess appropriate first aid skills and knowledge

This **3 day** course is presented at our training centres, under the guidance of our specialist First Aid at Work trainers, uses the latest training techniques to maximise learner recall and confidence, and meets HSE regulations.

Who is the course suitable for?

- All **higher risk** workplaces that have identified a need for comprehensive first aid e.g. light engineering and assembly work, food processing, warehousing, extensive work with dangerous machinery or sharp instruments, construction, chemical manufacture.
- People new to first aid
- People needing to renew their first aid skills and knowledge

What to expect

- Comprehensive trainer-led practical training
- Professional, qualified, and dynamic trainers
- Free online annual refresher
- Fully certified for 3 years

Refresher Training

The HSE recommend learners update their skills annually. Tigerlily Training provide **free online refresher** training

Course content

- Roles & Responsibilities of the First Aider
- Assessing an Emergency Situation & Prioritising Action
- Unresponsive Casualty (Not Breathing)
- Unresponsive Casualty (Breathing)
- Choking
- Seizures
- Infection Prevention
- Severe Bleeding
- Shock (including internal bleeding)
- Burns
- Minor Injuries
- Anaphylaxis
- Fractures & Dislocations
- Spinal Injuries
- Further Wounds & Bleeding
- Drowning
- Extreme Temperatures
- Heart Related Conditions
- Poisoning
- Sepsis
- Stroke
- Asthma
- Diabetes
- Abdominal & Chest Injuries
- Head Injuries
- Sprains & Strains
- Bites & Stings
- Electric Shock
- Fainting & Panic Attacks
- Assessments

Availability

This course is available at all of **our training centres** across the UK.

Courses run from 10.00 - 17.15

Assessment

Learners will be **continuously assessed** by our instructor throughout the course, and they must also complete written assessments

Duration

This is a **3 day (18 hour)** practical and theoretical course

Certification

On completion of the course learners receive a First Aid at Work **Certificate** valid for **3 years**, and meets HSE requirements.

Tigerlily Training are a **TQUK** accredited training centre

Your certificate will comply with the requirements of the Health and Safety (First-Aid) Regulations 1981

To book a course or for more information, call us today on **0300 3020 999** or visit **www.tigerlilytraining.co.uk**