

Essential First Aid - Online

4 Hour Course (eLearning)



4 Hrs



eLearning



Overview

This **4 hour** Essential First Aid course is designed for anyone who needs a knowledge of first aid or to support the qualified first aiders in the workplace. This training will give you the confidence to act quickly and effectively in a first aid situation and provide immediate first on the scene help while waiting for a qualified first aider.

This course is great as a supplement to your current first aid training however, **it does not meet the risk assessment needs for qualified first aiders, as per HSE and DfE guidelines.**

Tigerlily Training use scenario based training techniques as these are proven to maximise recall and provide learners with the skills, knowledge and confidence to act effectively when emergencies arise.

What to expect

- Fully interactive eLearning
- Certificate of Achievement
- Suitable for anyone working with children

Location, Duration, and Numbers

This 4 hour online course is accessed online via the portal on our website; once you have booked we will email you your login details, all you need is a smartphone/computer/tablet and access to the internet.

Refresher Training

The HSE recommend learners update their skills annually.

Course content

- Roles & Responsibilities of the First Aider
- Assessing an Emergency Situation & Prioritising Action
- Unresponsive Casualty (Not Breathing)
- Unresponsive Casualty (Breathing)
- Choking
- Minor Injuries
- Extreme Temperatures
- Head Injuries
- Anaphylaxis
- Asthma
- Bites & Stings
- Bone , Muscle and Joint Injuries

Availability

This is an **online** course

Assessment

Learners will need to complete a **final assessment** at the end of the course

Duration

This is a **4 hour** course

Certification

On completion of the course you will receive an Essential First Aid **certificate** valid for **1 year**.

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

This is not a recognised workplace qualification for the purposes 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**