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# First Aid at Work (British Red Cross) - 4 Days

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## Pre-Requisites

Candidates must be physically able to carry out the procedures detailed in the Course Contents. Candidates must be aware that they must attend all sessions to be eligible for assessment.

## Who is it for?

Employees who require a First Aid at Work certificate to comply with HSE requirements

## Course Content includes:

- Priorities of First Aid
- Managing an incident
- Roles/responsibilities of employers & employees for First Aid at Work
- Care of the unconscious casualty
- Cardio pulmonary resuscitation (CPR)
- Disorders of the airway
- Dealing with bleeding and shock
- Causes of unconsciousness
- Burns and scalds
- Injuries to bones, muscles & joints
- Poisoning
- Recognition and management of major illnesses
- Recognition of minor illnesses and appropriate action
- Eye injuries
- Miscellaneous injuries
- Record keeping and accident reporting
- Infection control
- Communication and delegation in an emergency
- Manage the transportation of a casualty

## Qualification

Recognised first aider in the workplace  
First aid at work certificate valid for 3 years

## Course Duration

4 Days

## Contact

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