

ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

First Aid in the Workplace

£17.50 + VAT


Health and Safety Training
First Aid in the Workplace


Course Aims Page 1 of 2






This first aid training will help you to recognise emergency medical situations and make you aware of the actions to take or avoid before a qualified First-Aider or professional medical help arrives on the scene.

Your employer may decide that you need to take further practical training when you have completed this course to become a qualified first-aider.

▶ Click NEXT to move on.

 This e-learning only provides awareness education. Talk to your employer if you wish to undertake the extensive practical training to become a qualified First-Aider.



CPD     

Health and Safety Training
First Aid in the Workplace


Automated External Defibrillators (AEDs) Page 2 of 12






An AED is a lightweight, battery-operated, portable device that checks the heart's rhythm and, when necessary, sends a shock to the heart to restore a normal rhythm.

It is used when a casualty has had a cardiac arrest and, when used in conjunction with CPR, it can increase a casualty's chances of survival.

Along with the AED, there will be a sealed pack with two pads that should be attached to the casualty's chest so the shock can be delivered.

▶ Click NEXT to move on.



CPD     

- ✓ Assured by RoSPA Qualifications
- ✓ Certified by CPD
- ✓ Audio voiceover
- ✓ Downloadable certificate on completion
- ✓ 100% online training
- ✓ No time limits



Our First Aid in the Workplace online training will help you to recognise emergency medical situations and make you aware of the actions to take or avoid before a qualified First-Aider or professional medical help arrives on the scene.

The training is especially suited for nominated first aiders in smaller, low-risk working environments. No previous first aid knowledge is required.

The approximate duration of this training is 2 hours.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress.

Our training licences **don't expire** and are only assigned to a learner when they launch the training. Substantial discounts are available for bulk purchases.

Learners are able to download their certificate on successful completion of the online assessment.

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ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

First Aid in the Workplace

FIRST AID WORKPLACE REQUIREMENTS

- What is meant by the term **first aid**.
- Who should give first aid.
- The Health and Safety (First-Aid) Regulations 1981.
- The minimum first aid provision at work.
- The requirement for, and contents of, a first aid box.
- RIDDOR and when to report injuries and illness.

THE RECOVERY POSITION

- What is meant by the term **unresponsive**.
- How to check the level of responsiveness.
- The purpose of the recovery position.
- How to place a casualty in the recovery position.

RESUSCITATION (CPR)

- What is meant by the term **CPR**.
- How to give chest compressions and rescue breaths.
- The ratio of chest compressions to rescue breaths.
- When to stop CPR.

AUTOMATED EXTERNAL DEFIBRILLATORS (AEDS)

- The purpose of an AED.
- When and how an AED should be used.

SHOCK

- What is meant by **shock**.
- Common causes and signs of shock.
- How to deal with anaphylaxis.
- The action to take if you suspect a casualty is suffering from shock.

CHOKING

- Why you might not realise a casualty is choking.
- The sequence of actions to take if you think someone is choking.
- What to do if the casualty becomes unresponsive.

MINOR INJURIES

- How to deal with minor bleeding from cuts and grazes.
- How to deal with a nosebleed.
- How to deal with bruising.

BURNS AND SCALDS

- The layers of the skin.
- Types of burn.
- When the casualty should visit A&E.
- How to deal with electrical and chemical burns.

SEVERE BLEEDING AND MAJOR BLOOD LOSS

- The difference between minor and severe bleeding.
- How to slow or stop the bleeding until professional help arrives.
- What to do if there is an object embedded in a wound.
- When a tourniquet might be used and precautions that should be taken.

THE PRIMARY SURVEY

- The purpose and sequence of steps that make up the Primary Survey.