

# **EMERGENCY FIRST AID AT WORK COURSE**

## ***One Day***

This course will meet the needs of being an Emergency First Aider as laid down by the Health & Safety Executive (First Aid) Regulations 1981. It is suitable for members of the public and is the minimum First Aid qualification needed for Professional Therapists.

## ***Duration***

This course is delivered over 6 hours from 10am to approx. 4pm

## ***Course Syllabus***

- Legalities, responsibilities, record keeping and reporting
- Aims and principles of first aid
- Assessment of the situation
- Basic Hygiene in First Aid
- Dealing with an unconsciousness casualty
- Shock
- Resuscitation / CPR / AED
- Bleeding Control
- Seizures
- Heart Attacks, Angina
- Choking
- Minor Injuries

## ***Assessment and Certification***

Assessment is ongoing by the instructor after which all successful candidates will receive an HSE approved Emergency First Aid at Work Certificate valid for three years.

This syllabus is in line with the current Health and Safety (First Aid) Regulations 1981.

## ***Numbers***

A maximum of 12 people can be accommodated on this course and candidates must be aged 16 years or over.

## ***Venue***

School of Bodywork, Exeter Natural health Centre, Queens Walk, Queens Street, Exeter EX4 3RP

## ***Cost***

**£95 per person.** To book your place please click [here](#)