

Emergency First Aid at Work

One day course

★ Health & Safety Executive compliant



If there's one thing this course is it's popular! Our most used course is super-charged with activities. It takes a no-nonsense approach, meaning that delegates get to know, what they need to know - without the waffle. It'll well prepare you for an emergency situation both in and out of work - and centres around building an emergency plan, ready to quickly kick in should an emergency arise!



Loved by

Being the swiss-army knife of first aid courses, Emergency First Aid is great for both low-risk small workplaces and larger ones wanting additional back-up.

It's also incredibly popular for those looking for community and home peace of mind, fitness instructors, charities and health and social care – the list goes on and on!



We'll cover...

- + Emergency Actions
- + Child, Baby & Adult Basic Life Support (CPR)
- + Child, Baby & Adult Choking
- + How to use a defib (AED)
- + Head, Neck & Back Injuries
- + Unconsciousness & Recovery Position
- + Bleeding & Burns
- + Injuries to the Bones, Muscles & Joints
- + Seizures/Fitting
- + First Aider Responsibilities
- + Plus lots more!



Great to know

- + This course is also HSE compliant.
- + Each delegate will get a certificate valid for 3 years.
- + Each delegate will also get a free copy of user-friendly quick first aid guide **Your Emergency First Aid Plan** to keep.
- + This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests, we'll assess the course in a relaxed and non-threatening way!



Approved
Instructor
Network

SkillBase First Aid™ are a network of independent & workplace First Aid Instructors across the UK and Europe