

First Aid at Work

Three day course

★ Health & Safety Executive compliant

The 'big daddy' of first aid courses, First Aid at Work is a nationally recognised certificate. Packed with practical, we'll get you super confident to deal with emergencies both in and out of the workplace. We'll have loads of time to look at specific injuries, illnesses and conditions so that you're super prepped - just in case!



Loved by

Super suitable for high risk and large workplaces, especially those with machinery or lots of manual work.

However, people with a personal interest in first aid always really enjoy this course too!



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
- + Asthma, Panic Attacks, Drowning & Fumes
- + Unconsciousness & Recovery Position
- + Heart Attacks, Shock, Electrical Shock & Anaphylaxis
- + Bleeding, Wounds & Burns
- + Injuries to the Bones, Muscles & Joints
- + Concussion, Seizures/Fitting & Diabetes
- + Meningitis
- + First Aider Responsibilities



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 workbook, and a copy of our user-friendly manual **The Good First Aid Guide** 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