

# First Aid at Work

## At a glance...

### Training (with Assessment) Competence

Duration Notes:	3 days
Delivery Method:	Theory and Practical

## Introduction

Carry out successful first aid at work with our recognised course.

## Overview in brief

This training course is for you if you have not attended a recognised first aid course.

You will learn the basic skills and knowledge of first aid, so you can administer simple but sometimes life-saving techniques in the workplace.

## The finer details

This is a three-day theory and practical course which will give you the time to learn the basic skills and techniques of first aid.

There will be assessment and a certificate of training, plus you will be given a workbook to keep handy as a useful reference guide.

### Course sessions:

- Resuscitation
- Unconsciousness
- Airway and breathing problems
- Circulation problems
- Wounds and bleeding
- Burns and scalds
- Injuries to bones, muscles, and joints
- Other serious conditions.

Worth noting: First aid at work certificates are valid for three years and a two-day



qualification course must be carried out within one month of expiry. Don't leave it any longer or you'll have to take a full first aid at work course.



## Who should attend?

This course is ideal for you if you work in any industry and need to ensure that you have the relevant training to carry out first aid.

## What will be covered?

The basics needed to provide first aid in the workplace for minor incidents or until medical professionals arrive.

- Understand the role and responsibilities of a first aider
- Assess an incident
- Provide first aid to an unresponsive casualty
- Provide first aid to a casualty with external bleeding
- Provide first aid to a casualty who is in shock
- Manage a casualty with minor injuries.

## Other areas of interest

### Training

- AID32 Emergency First Aid at Work
- AID34 First Aid at Work Requalification
- AID17 +F First Aid
- AID35 Emergency First Aid at Work +F
- AID36 First Aid at Work +F
- AID37 First Aid at Work +F Requalification

### Training Republic of Ireland

- AID31 +F First Aid (Republic of Ireland only)
- AID40 Emergency First Aid at Work +F (Republic of Ireland only)

### Qualifications

- 610/1205/1 Level 3 Award in Emergency First Aid at Work
- 610/1208/7 Level 3 Award in First Aid at Work





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T 02476 696 996

E [awards@lantra.co.uk](mailto:awards@lantra.co.uk)

Lantra, Lantra House, Stoneleigh Park,

Coventry, Warwickshire, CV8 2LG