



## FIRST AID AT WORK INITIAL COURSE

This course looks at the requirements to provide basic First Aid knowledge within an organisation. The First Aid at Work Initial Course complies with the current Health and Safety (First Aid) Regulations 1981. Successful delegates receive certificates to show that they are qualified to be First Aiders in the workplace for the next three years.

### Who should attend?

Any person who is to be designated as a First Aider at work. All employers in the UK have a legal obligation to make First Aid provision for their employees.

### Benefits to you and your organisation

By the end of the course, participants will be able to:

- Understand the duties of a First Aider in the workplace
- Understand the requirements of a First Aid kit
- Perform life saving techniques

### Course contents:

- Dealing with accidents and illness
- Role of the First Aider
- Using a First Aid kit
- Record keeping
- Resuscitation
- Treatment of an unconscious casualty
- Choking
- Treatment of a heart attack
- Control of bleeding, Burns and scalds
- Poisoning
- Fractures and Shock

**Duration:** Four days

**Course Ref No:** OMS 002

*assessment, consultancy, development, training and event services  
modern techniques ... traditional values*



oakley services  
**medical**