



HSE FIRST AID AT WORK

Target Audience:

This course is for staff that have volunteered to a nominated First Aider within the work place and currently does not hold a first aid at work certificate. This course will suit any member of staff within the work place.



The Objectives / Learning

Outcome:

- HSE Approved Programme
- First Aid At Work Syllabus

A First Aider will have:

- Good reliability, disposition and communication skills
- An aptitude and ability to absorb new skills and knowledge
- An ability to cope with stressful and physically demanding emergency procedures
- Normal duties in the workplace that can be left, to respond immediately and rapidly to an emergency.

Course Details:

There is a maximum of 12 places available.
 Course Times: 09.30 – 16.30.
 Validation of Certification: 3 years.
 Course Duration: 3 full days.

Course Content:

On completion of training, successful candidates should be able to -

- provide emergency first aid at work
- administer first aid to a casualty with:
- injuries to bones, muscles and joints, including suspected spinal injuries;
- chest injuries;
- burns and scalds;
- eye injuries;
- sudden poisoning;
- anaphylactic shock;
- recognise the presence of major illness and provide appropriate first aid (including heart

attack, stroke, epilepsy, asthma, diabetes).

- Understand the role of the first aider including reference to:
- the importance of preventing cross infection;
- the need for recording incidents and actions;
- use of available equipment
- assess the situation and circumstances in order to act safely, promptly and effectively in an emergency;
- administer first aid to a casualty who is unconscious (including seizure);
- administer cardiopulmonary resuscitation;
- administer first aid to a casualty who is choking;
- administer first aid to a casualty who is wounded and bleeding;
- administer first aid to a casualty who is suffering from shock;
- provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters).

Assessment:

To ensure a student can demonstrate competency, the assessment will be practical with oral questioning and a short multi choice paper.

Course Materials:

All students will receive a course book, and certificates will be forwarded upon successful completion of the course.

Dress Code:

There will be practical on the course so appropriate clothing will be needed. (i.e. you will be on the floor taking part in role play situations)

Approval Number:
57/97

Manual Handling:

You will be expected to take full part in all the practical during the course and assessment; not to take part in the practical may hinder your ability to be assessed.