

HSE First Aid at Work Course Description (as from 1st October 2009)

Aims & Objectives

The aims and objectives of the HSE (Health & Safety Executive) First Aid at Work course are to enable individuals designated as the First Aider at work to carry out appropriate first aid in an emergency situation. Following the course the attendees will be able to manage a casualty who is injured at work, or suffers from a serious illness, until the emergency services arrive. Each on site course is tailored around your workplace where possible.

General Information

Maximum of 12 attendees per Instructor

Course Duration

18 hours (3 Days)

This can be broken down into bite size chunks of training to suit your requirements. Training must be completed over a maximum of nine weeks.

Delivery Technique

This course is delivered via a range of techniques including;

- Instructor Led Presentation
- Group Practice
- Group Discussion
- PowerPoint
- Video Presentation

The amount of different methods of presentation is flexible to suit the needs of the group.

Course Assessment

All attendees are required to undertake an assessment on the final day of the course; both practical and theoretical aspects will be assessed. The assessments are carried out by two external assessors who have not been involved in the teaching of the course. Our assessors are trained to carry out the assessments in a low stress environment and to install confidence in all attendees.

Course Certification

All successful attendees will be awarded a certificate approved by the Health & Safety Executive (HSE), this certificate is valid for three years.

What do I need to host this course on site?

- A room that will comfortably seat your amount of attendees and allow for floor practice for the duration of the course
- Two additional assessment areas on the final afternoon of the course

HSE First Aid at Work - Course Content and Suggested Timetable

Day One

09.00 – 09.15	Introduction & Course Administration
09.15 – 09.45	Aims of First Aid Dealing with an Emergency
09.45 – 10.30	Priorities of Treatment Cardio Pulmonary Resuscitation (CPR) - Adult
10.30 – 10.45	Break
10.45 – 11.45	CPR continued – Adult, Child & Baby
11.45 – 12.00	Recognition & Treatment of Regurgitation. Use of face shields
12.00 – 12.30	Lunch
12.30 – 13.10	Unconscious Patient
13.10 – 14.40	Hypoxia causes / signs & symptoms (inc Respiratory system & chest injuries)
14.40 – 14.55	Break
14.55 – 15.15	Choking – Adult, Child & Baby
15.15 – 16.30	Asthma / Hyperventilation Recap, Questions & Answers

Day Two

09.00 – 09.30	Recap of Day One
09.30 – 10.30	The Circulatory System Blood Loss theory / Internal Bleeding
10.30 – 10.45	Break
10.45 – 11.05	Treatment of Severe Bleeding Hygiene
11.05 – 12.00	Bandaging First Aid Kits
12.00 – 12.30	Lunch
12.30 – 13.25	Shock / Anaphylaxis
13.25 – 14.25	Angina & Heart Attack
14.25 – 14.40	Break
14.40 – 15.05	Stroke "Brain Attack"
15.05 – 16.30	Burns & Scalds Poisoning CPR / Recovery Practice

Day Three

09.00 – 09.30	Recap of Day Two
09.30 – 10.50	Skeletal System Fracture Signs & Symptoms
10.50 – 11.05	Break
11.05 – 12.05	Sprains & Strains Head & Spinal Injuries
12.05 – 12.35	Lunch
12.35 – 13.35	Epilepsy / Seizures Diabetes
13.35 – 14.15	Secondary Assessment CPR / Assessment Practice
14.15 – 14.30	Incident Recording
14.30 – 16.00	Final Assessments
16.00 – 16.30	Communication of Results Course Closure and Evaluation