

HSE First Aid at Work Course Description

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

Cost of On Site Training - £1300* + vat for the complete training package including comprehensive training manual, certificate and all training aids for use throughout the course.

*Please add an additional 10% for courses within London (please contact the office for a definition of this area)

Course Duration

24 Hours (4 Days)

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

Day One

09.00 – 09.30	Introduction & Course Administration
09.30 – 09.45	Principles of First Aid
09.45 – 10.00	First Aid at Work – Legalities & Reporting
10.00 – 10.15	First Aid Kits
10.15 – 10.45	Dealing with casualties
10.45 – 10.55	Break
10.55 – 11.10	Action in an Emergency
11.10 – 12.00	Initial Assessment (Recovery Position)
12.00 – 12.30	Secondary Assessment
12.30 – 13.15	Lunch
13.15 – 14.45	CPR – Cardio Pulmonary Resuscitation
14.45 – 14.55	Break
14.55 – 16.00	Disorders of Respiration

Day Two

09.00 – 09.20	Recap of Day One
09.20 – 09.30	Disorders of Circulation
09.30 – 10.00	Shock Management
10.00 – 10.15	Fainting
10.15 – 10.50	Anaphylaxis
10.50 – 11.00	Break
11.00 – 11.20	Angina
11.20 – 11.40	Heart Attacks
11.40 – 12.30	Wounds & Bleeding
12.30 – 13.45	Lunch
13.45 – 14.00	Crush Injuries
14.00 – 14.15	Chest Injuries
14.15 – 14.30	Nose Bleeds
14.30 – 14.50	Eye Injuries
14.50 – 15.00	Break
15.00 – 15.15	Head Injuries
15.15 – 15.30	Stroke
15.30 – 15.45	Diabetes
15.45 – 16.00	Epilepsy & Seizures

Day Three

09.00 – 09.20	Recap of Day Two
09.20 – 10.00	Burns
10.00 – 10.45	Fractures
10.45 – 10.55	Break
10.55 – 11.20	Soft Tissue Injuries
11.20 – 12.00	Spinal Injuries
12.00 – 12.30	Poisoning
12.30 – 13.45	Lunch
13.45 – 14.05	Hypothermia
14.05 – 14.25	Heat Exhaustion
14.25 – 14.50	Heat Stroke
14.50 – 15.00	Break
15.00 – 15.30	CPR Revision
15.30 – 16.00	Incident Practice

Day Four

09.00 – 09.20	Recap of Day Three
09.20 – 10.50	Revision
10.50 – 11.00	Break
11.00 – 11.45	Revision
11.45 – 12.15	Theory Assessment
12.15 – 13.00	Lunch
13.00 – 15.45	Practical Assessment
15.45 – 16.00	Course Closure and Evaluation