



Duration: 1 Day
Course Code: SSH01

Course Description:

First Aid provision in the workplace saves lives. It can prevent minor problems or injuries from becoming major ones. It can help employers reduce costs from injury. As an employer, you are legally required under health and safety regulations to provide appropriate first aid equipment, facilities and trained personnel in your workplace.

PCS can help you to identify your legal requirements and work closely with you to develop appropriate training for your workplace.

Who Should Attend The 1 Day First Aid Training?

- This course is ideal for the smaller workplaces where the candidates will receive a certificate to become an Emergency First Aider. Fully qualified First Aiders will benefit from the additional support from emergency first aiders. This is especially relevant where the workplace may consist of several floors, or work is operated in shifts.

Benefits From Attending The Training:

- Personal safety
- Assessing the incident
- Reporting and recording of incidents as required by the HSE
- Contents of HSE approved first aid kit

Course Contents:

- Role and responsibility of a first aider
- Assessing an incident
- Dealing with an unresponsive casualty
- Recognise and assist with choking
- Control of external bleeding
- Dealing with shock
- Manage a minor injury - administer first aid to small cuts, grazes, bruises, minor burns and scalds
- Practising Cardiopulmonary Resuscitation (CPR)
- Understanding the principals of Automated External Defibrillation (AED)

***BESPOKE COURSE | Course Duration, Level & Duration: Depends On Content & Individuals**