



BRITISH SAFETY SERVICES

Health and Safety Executive (HSE) Approved First Aid at Work Course

Course Structure

The course is designed to meet the requirements of the Health and Safety (First Aid) Regulations 1981, Approved Code of Practice L74 which requires that where appropriate the employer provides adequate numbers of trained First Aiders in the workplace. If the assessment of First Aid needs highlights the requirement for qualified First Aiders, then this course will provide you with suitable, recognised, highly trained personnel.

The whole philosophy of the course is that learning is best achieved through practical involvement and repetition. Consequently, our aim is to make the candidate by course completion both competent and confident to practice first aid in the workplace. This is achieved by avoiding unnecessary jargon and sticking to the core principles of first aid.

This is important since, if they understand first aid rather than learning by rote, they are more likely to do what is required when it is needed for real. This course is delivered in association with Medic Services International Ltd. utilising a very experienced paramedic and first aid trainer.

Target Audience

This course is designed for those with the delegated responsibility to assume the role of First Aider within their workplace.

Introduction

Since 1981 it has been a legal requirement for all employers to provide adequate and appropriate first aid provision for their employees.

The programme covers the HSE defined syllabus and is assessed by a formal examination and practical test.

This is a three day release or block course. It covers in detail both first aid and the associated paperwork and recording procedures required by HSE First Aid at Work certificate.

This course covers:

- primary survey – DRs ABC;
- resuscitation;
- treatment and control of bleeding;
- treatment of shock;
- unconscious casualty and medical conditions;

- contents of the first aid box and their use;
- purchasing of first aid supplies;
- transport of casualties;
- recognition of illnesses;
- treatment of injuries to bones, muscles and joints;
- treatment of minor injuries;
- treatment of a suspected fracture;
- treatment of burns and scalds;
- eye irrigation;
- poisons;
- simple record keeping;
- personal hygiene in treating wounds;
- communication and delegation in an emergency.

Comprehensive course notes are supplied to support this training. First aid videos are also used to enhance learning.

Assessment

Assessment will be carried out by the course instructor. Achievement of the objectives of the course will be assessed in the following ways:

- A practical assessment throughout the days
- Completion of an end of course multiple choice examination

Upon completion of the course successful candidates are awarded a First Aid at Work certificate which is valid for three years.

Course Numbers

There is minimum number of 6 candidates and a maximum number of 10 candidates per course.

Venue

Courses can be run either at our training centre or at your own premises as required.

Cost

£240.00 plus VAT per person at our Birmingham Training Centre. We can also provide in-house training – price on application. If the venue is in excess of a 20 mile radius of our head office a nominal mileage charge will be levied. Accommodation will be charged for venues outside of a 50 mile radius of our Head Office in Birmingham.

British Safety Services, Aqueous 3, Aston Cross, Birmingham. B6 5RQ.

Tel: +44 (0) 121 333 7232

Fax: +44 (0) 121 359 3350

Email: admin@bssukhse.com