

# First Aid Qualifications

## HSE First Aid at Work

### Course Aim

The aim of this course is to provide students with the knowledge, skills and training to qualify as a Health & Safety Executive Workplace First Aider.

### Objectives

By the end of this course, students will be able to:

- State the cause of Unconsciousness
- Perform the Recovery Position on an Unconsciousness Casualty
- Perform Cardio Pulmonary Resuscitation (CPR)
- Perform required choking procedures
- Identify safety precautions when assessing for danger
- Select and use various dressings to control bleeding
- Identify safety precautions when assessing for danger
- State the procedures for dealing a casualty having a seizure
- State the procedures for dealing with a diabetic casualty
- State the procedures for dealing with a casualty who has a burn/scald
- State the procedures for dealing with a casualty who has a stroke
- State the procedures for dealing with a casualty who has a heart condition
- Select necessary personal protective equipment (PPE)
- State the procedures for dealing with a casualty who has a suspected fracture/dislocation
- Discuss the principles of safe moving & handling
- State the procedures for dealing a suspected head injury
- Write an accident report form
- State the procedures for dealing with crush injuries
- Discuss the procedures for reporting accidents under RIDDOR
- State the procedures of dealing with the effects of heat & cold

### Course Length

4 Days

### Course Syllabus

Resuscitation, Personal Protective Equipment, Incident Management, Unconsciousness, Choking, Bleeding, Seizures, Burns/Scalds, Heart Conditions, Stroke, Fractures, Dislocations, Safe moving and handling, Head Injury's,

### Certification

HSE Approved First Aid at Work Certificate

### Cost

£140.00 per person (Open Course) Ex Vat - £1395 (Group Course 1-12) Ex Vat



# Course Timetable

## HSE First Aid at Work

### Pre Requisites

None.

### Venues

Crown Training Academy's: Swansea, Pembrokeshire & Cardiff.  
This course is also available at your premises.

### Day 1

#### Subject

#### Timings

Welcome & course administration	09:00 - 09:30
Health & Safety, Aims & Objectives, ice breakers	09:30 - 10:00
Golden Rules of First Aid/ Personal Hygiene	10:00 - 10:30
Prompt, Safe & Effective Incident Management	10:30 - 11:00
Coffee	11:00 - 11:15
Casualty Assessment: The Primary Survey	11:15 - 11:30
Casualty Assessment: Unconsciousness	11:30 - 12:00
Casualty Assessment: Secondary Survey	12:00 - 12:30
Casualty Assessment: Resus CPR	12:30 - 13:00
Lunch	13:00 - 13:30
Practice: Resus	13:30 - 14:00
Casualty Assessment: Choking	14:00 - 14:30
Casualty Assessment: Shock	14:30 - 15:00
Coffee	15:00 - 15:15
Casualty Assessment: Bleeding	15:15 - 15:30
Casualty Assessment: Dealing with Wounds	15:30 - 16:00
Casualty Assessment: Embedded Objects	16:00 - 16:30
Questions	16:30



# Course Timetable

## HSE First Aid at Work

### Day 2

Subject	Timings
Recap on Day 1	09:00 - 09:30
Primary & Secondary Survey Practice	09:30 - 10:30
Casualty Assessment: Burns & Scalds	10:30 - 11:00
Coffee	11:00 - 11:15
Treatment of Eye Injuries	11:15 - 11:45
Recognition & treatment of poisoning	11:45 - 12:15
Treatment of a Casualty overcome with Gas Fumes	12:15 - 12:30
Splinters, Bites & Stings, Anaphylaxis & Meningitis	12:30 - 13:00
Lunch	13:00 - 13:30
Casualty Management: Heart Attach & Angina	13:30 - 14:00
Casualty Management: Fainting/ Hyperventilation	14:00 - 14:30
Casualty Management: Seizures	14:30 - 15:00
Casualty Management: Stroke & Head Injury	15:00 - 15:30
Coffee	15:30 - 15:15
Casualty Management: Asthma	15:15 - 15:30
Diabetes	15:30 - 16:00
Practice	16:00

### Day 3

Subject	Timings
Recap on Day 2	09:00 - 09:30
Practice: Dealing with a bleeding Casualty	09:30 - 10:30
Casualty Management: Injuries to Bones	10:30 - 11:00
Coffee	11:00 - 11:15
Injuries to muscles & joints	11:15 - 11:30
Casualty Management: Chest/ Crush Injury	11:30 - 12:00
Casualty Management: Amputation	12:00 - 12:30
Lunch	12:30 - 13:00
Scenarios- Heart Attack, Seizures & Asthma	13:00 - 13:30
Resuscitation Practice	13:30 - 14:00
Resuscitation practice	14:00 - 15:00
Lifting & Moving Advice (Manual Handling)	15:00 - 15:30
Coffee	15:30 - 15:45
Revision & Practical, Bleeding, Choking etc	15:45



# Course Timetable

## HSE First Aid at Work

### Day 4

Subject	Timings
Recap on day 3, discuss self test paper	09:00 - 09:30
Health & Safety in the workplace - The Law - First Aid Regulations - Duties of Employers & employees - Contents of a First Aid Box - Record Keeping	09:30 - 10:30
Choking Practice	10:30 - 11:00
Coffee	11:00 - 11:15
Practical Scenarios, Practice for assessment	11:15 - 13:00
Lunch	13:00 - 13:30
Practical Assessments	13:30 - 16:00
End of Course	16:00

### Please Note

The above timetable may change slightly.

### Breaks

Breaks will be taken at times convenient for students.

### Refreshments

At all our training centres, Complementary Tea/Coffee is provided all day.  
On site Lunch facilities are also available.

### Our Promise

With all our courses, you are guaranteed a warm welcome with a structured training course that is delivered in small bite size chunks which ensures easy learning.

The course is delivered in a friendly, relaxed environment where each and every student is taught using learning styles that suit them. Each and every student is respected and equally treated throughout there time with us

