



St John Ambulance - First Aid at Work

Course Aim

This course will provide delegates with the comprehensive set of practical skills needed by first aiders in most workplaces to become a confident first aider at work, covering abilities and knowledge needed to deal with first aid emergencies. It meets the standards required to help comply with Health and Safety (First aid) regulations.

Who Should Attend?

This course is designed for delegates who want to receive the most thorough first aid training, in accordance with Health and Safety (First Aid) Regulations 1981.

Course Duration

This is a 3 day course.

Certification

Successful delegates will receive a St. John's ambulance certificate, valid for 3 years. This will be sent in PDF format via email.

Agenda

Delegates will receive training in:

- The role of the first aider
- Managing an emergency
- Communication and casualty care
- Asthma
- Bleeding (minor and severe)
- Bone, muscle and joint injuries
- Burns and scalds
- Chest pains (including heart attack)
- Choking (adult)
- Eye injuries
- Fainting
- Defibrillator prompts and how to respond
- Head injuries
- Health and safety (first aid) regulations
- Low blood sugar
- Poisoning
- Resuscitation (adult CPR)
- Seizures (adult)
- Severe allergic reaction
- Shock
- Spinal injuries
- Stroke
- Unresponsive casualty
- Defibrillator pad placement