

# Emergency First Aid

## 1 day course

### Who is the course for?

Those who wish to become an Emergency First Aider. Suitable for lower risk environments such as offices and shops, and for areas where there is also a full First Aider present.

When choosing candidates for this course, they must be happy to undertake the role and be a responsible, reliable person.

We advise that you ask for volunteers from within your organisation to take on this role.

### What's in the course?

The course covers a wide range of emergency situations and how to handle them confidently, promptly and in a safe manner. A rewarding, interactive and engaging course.

### Good management...

Good safety management is all about preventing things from going wrong, but we also must be able to deal with the situation if they do.

First Aiders can help enormously if an accident occurs or someone is taken ill - taking charge and stepping in before medical help arrives.

### Assessment

Delegates will be assessed for their abilities to correctly assess situations and deal with them. There will be written tests also to ensure that essential information can be recalled accurately.



### Course Duration

1 day

### Refreshers

You will need to renew your training after 3 years

### To take home...

There will be a first aid handbook and mini first aid kit for each delegate to take home



Visit [www.hcssafety.co.uk](http://www.hcssafety.co.uk) for dates and prices

# Emergency First Aid Course Programme Guide



## Session 1

What is emergency first aid?  
Legislation and responsibilities  
Action in an emergency

## Session 2

Primary survey  
Secondary assessment  
The respiratory system

## Session 3

Adult basic life support  
Resuscitation  
Disorders of respiration

## Session 4

Wounds and bleeding  
Foreign objects  
Disorders of the circulation  
Minor burns and scalds  
Epilepsy  
  
Assessments and tests



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