



Appointed Person Emergency First Aid

Course Objectives

On completion of this course the learner will know how to deal with an emergency in the absence of the duty first aider. They will also be able to administer basic first aid in compliance with the Health and Safety (First Aid) Regulations 1981. This course fulfils the employer's legal responsibility for first aid in the workplace.



Course Content

- Your legal requirements as a first aider
- Responsibilities of the first aider
- Dealing with emergencies
- Unconsciousness
- Administering CPR
- Choking
- Heart attack
- Wounds and bleeding
- Shock

Who Should Attend?

- Appointed first aiders (smaller or low-risk businesses)
- First aiders from all business sectors

Course Information

Duration: 4.5 hours

Location: Eastbourne, East Sussex

Frequency: Three-yearly updates

What's included: Tea / coffee & biscuits
All work and exercise sheets
Completion certificate

Bookings

For availability and bookings, contact Unity Training Solutions today on 0845 034 6410.

In-house Training

If you have a several staff to train, Unity can arrange group training workshops for you at their Eastbourne centre. Alternatively, if you have the facilities, training can be delivered in-house.