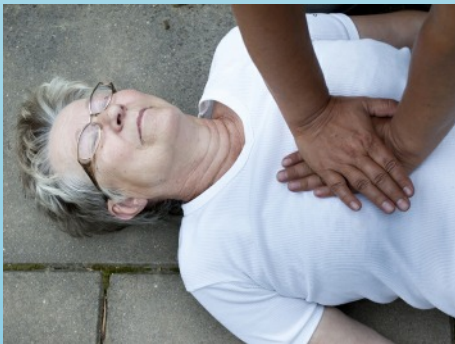




## Emergency First Aid at Work

### Course Objectives

This 3-year HSE compliant course is ideal for low-risk working environments such as shops and offices. On completion of this course the learner will be able to demonstrate the knowledge and skills needed to administer first aid in the workplace 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

- Understanding your role as a first aider
- Reporting of accidents and incidents
- Dealing with unconsciousness and seizures
- Administering CPR
- Dealing with choking
- Minor injuries, wounds and bleeding
- Minor burns
- Treating shock

### Who Should Attend?

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

### Course Information

- Duration:** One-day course (6 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.