



First Aid at Work and Renewal Courses

Course Objectives

On completion of this course the learner will be able to demonstrate the knowledge and skills needed to administer first aid in the workplace. This course and renewal courses are in compliance with the Health and Safety (First Aid) Regulations 1981. It fulfils the employer's legal responsibility for first aid in the workplace.



Course Content

- Your legal responsibilities as a first aider
- Unconsciousness
- Administering CPR to an adult
- Choking
- Heart Attack
- Wounds and bleeding
- Burns
- Fractures, sprains, strains and dislocations
- Chest wounds
- Asthma
- Anaphylaxis
- Diabetes
- Head injuries
- Stroke
- Heat exhaustion/stroke
- Poisoning
- Electrocution
- Spinal injuries
- Seizures
- Shock

Who Should Attend?

- New or soon to be appointed first aiders in high-risk businesses
- Existing first aiders (renewals)

Course Information

- Duration:** Three-day course (18 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.