

# Specialist in Health & Safety training

www.hacs.co.uk/training 01423 779857

## First Aider at Work



This certificate course will enable the candidate it qualifies to act as a Statutory "First Aider" in the workplace, subject to appointment by their employer. There is a blend of theory, which is integrated into the principles and practice of first aid. No previous knowledge is required for this course.

Our aim is to give you all the skills you need to gain confidence and knowledge to deal with First Aid promptly and effectively.



## Course Outline

This 3 day course which can be conducted in a 3 day block or day release covering the following:

As of Oct 2009 the HSE strongly advise that annual refresher training (minimum of 3 hours) should be conducted for all trained personnel. HACS provide your first years refresher training **FREE** once you have attended this course.

### Course Content :

- Accidents
- Using a first aid kit
- Introduction to RIDDOR
- Unconscious casualty
- Resuscitation
- Heart attack
- Shock
- Choking
- Wounds and Bleeding
- Burns and scalds
- Poisoning
- Bones ,joints and muscle injuries
- Bites and stings



After completion of this 3 day course and upon a successful final assessment. you will receive a HSE approved certificate which will allow you to practice for 3 years, after which a re-qualification course becomes necessary.

To enquire about these and other courses contact HACS today

**HACS**  
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