



First Aid at Work

Duration: 4 days

Cost: price on enquiry

This course is approved by the Health and Safety Executive.

This 4-day course offers a basic programme in a range of first aid competencies needed in any workplace giving students the ability to administer first aid safely, promptly and effectively to a casualty.

The course includes training in:

- How to act in the event of an emergency
- Cardio-pulmonary resuscitation (CPR)
- Unconscious Casualty
- Wounds and bleeding
- Burns and scolds
- Muscular, skeletal and joint injuries
- Shock
- Eye injuries
- Poisoning
- Recognize major and minor illnesses and be able to take appropriate action
- Personal hygiene in first aid procedures
- Maintaining factual records and providing written information to a doctor or hospital if required

Successful candidates will be able to act as first aiders in the workplace. The certification is valid for 3 years and can be renewed by participating in an Urban Training refresher course up to 3 months before the expiry date of the current certificate.

The price will include: Professional Instruction, all course materials, First aid at work manuals, and a Health and Safety Executive Approved First aid at work certificate valid for 3 years.