

## Emergency First Aid at Work

One Day (6 Hour) Practical Course



### Overview

This course is ideally suited to **lower-risk workplaces** where a risk assessment has identified the need for staff to possess appropriate first aid skills and knowledge.

Our **6 hour** course is presented at our training centres, under the guidance of our specialist First Aid at Work trainers and uses the latest training techniques to maximise learner recall and confidence.

### Who is the course suitable for?

- Staff working in lower-risk workplaces e.g. offices, shops, and libraries
- People new to first aid
- People needing to renew their basic first aid skills and knowledge
- Learners of all confidence levels and those with special requirements

### What to expect

- Comprehensive trainer-led practical training
- Free first aid manual for all learners
- Professional, qualified, and dynamic trainers
- Specialist advisors to help you manage your In-House booking
- Fully certified for 3 years
- Free online annual refresher

## Refresher Training

The HSE recommend learners update their skills annually. Tigerlily Training provide **free online refresher** training.

### Course content

- Roles & Responsibilities of the First Aider
- Assessing an Emergency Situation & Prioritising Action
- Unresponsive Casualty (Not Breathing)
- Unresponsive Casualty (Breathing)
- Choking
- Seizures
- Infection Prevention
- Severe Bleeding
- Shock (including internal bleeding)
- Burns
- Minor Injuries
- Assessment

### Availability

This 6 hour course is available at **our training centres** across the UK

Courses run from 10.00 - 17.15

### Assessment

Learners will be **continuously assessed** by our instructor throughout the course, and they must also complete a written assessment

### Duration

This is a **6 hour** practical and theoretical course

### Certification

On completion of the course learners receive an Emergency First Aid at Work **Certificate** valid for **3 years**, and meets HSE requirements.

Tigerlily Training are a **TQUK** accredited training centre

Your certificate will comply with the requirements of the Health and Safety (First-Aid) Regulations 1981

To book a course or for more information, call us today on **0300 3020 999** or visit **www.tigerlilytraining.co.uk**