

## First Aid at Work - Blended

Two Day (12 Hour) Practical Training & One Day (6 Hour) eLearning



12 Hrs



In- House



### Overview

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

The first **2 days** of this course are presented at your workplace and the final day is completed **online** via our interactive eLearning. This course is delivered under the guidance of our specialist First Aid at Work trainers, using the latest training techniques to maximise learner recall and confidence, and **meets HSE regulations**.

### Who is the course suitable for?

- All **higher risk** workplaces that have identified a need for comprehensive first aid e.g. light engineering and assembly work, food processing, warehousing, extensive work with dangerous machinery or sharp instruments, construction, chemical manufacture.
- People new to first aid
- People needing to renew their first aid skills and knowledge

### What to expect

- Comprehensive trainer-led practical training
- Flexible start / end times to suit your workplace
- Professional, qualified, and dynamic trainers
- Fully interactive eLearning
- Specialist advisors to help you manage your In-House booking
- Free online annual refresher
- Fully certified for 3 years

## Location, Duration, and Numbers

This **18 Hour** Blended Training course is presented In-House at your workplace and online via our eLearning. You are free to choose the start / end times, however we recommend starting at approximately 09.00 to enable the course to finish by approximately 16.30

As per HSE guidelines we restrict our courses to **12 learners per trainer** - although there is no limit to the number of learners you may include as we can supply multiple trainers.

## 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
- Anaphylaxis
- Fractures & Dislocations
- Spinal Injuries
- Further Wounds & Bleeding
- Drowning
- Extreme Temperatures
- Heart Related Conditions
- Poisoning
- Sepsis
- Stroke
- Asthma
- Diabetes
- Abdominal & Chest Injuries
- Head Injuries
- Sprains & Strains
- Bites & Stings
- Electric Shock
- Fainting & Panic Attacks
- Assessments

To book a course or for more information, call us today on  
**0300 3020 999** or visit [www.tigerlilytraining.co.uk](http://www.tigerlilytraining.co.uk)

## Availability

**In-House Blended** course available at your workplace across the UK on a date of your choosing

## Assessment

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

## Duration

This is a **3 day (18 hour)** Blended course;

**12 hours** practical training

**6 hours** interactive eLearning

## Certification

On completion of the course learners receive a 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