

First Aid Training Course Emergency First Aid at Work (EFAW)

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Aimed at: From 1 October 2009, this course replaces what was often referred to as the 'Appointed Person' course.

It is particularly suitable for lower risk environments, or where a course is needed to compliment other first aid provision. Regular attendees include those working in schools, offices and many small and medium sized businesses.

This course meets the requirement of the Health and Safety (First Aid) Regulations 1981, where a person is required to become a qualified 'First Aider' (EFAW) in their workplace.

Emergency First Aid at Work course content:

- Understanding the role of the first aider
- Record keeping
- Personal hygiene and infection control
- The unconscious casualty
- Cardiopulmonary resuscitation
- Management of a choking casualty
- Bleeding and shock
- Providing appropriate first aid for minor injuries, Including small cuts, grazes and bruises, minor burns, scalds and small splinters.

There is no final practical assessment on this course. The participant's competency is continually assessed by the facilitator over the course of the day.

Outcome: Participants will develop the skills necessary to become a competent and confident First Aider in their work place and will be awarded an 'Emergency First Aid at Work' certificate, valid for 3 years

Duration: 1 day (training contact time – 6 hours)

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