



SELECT
HEALTH & SAFETY

First Aid Training

FIRST AID COURSES AVAILABLE

First Aid at Work & Defibrillator (FAIB) – 3 Day

- The Role of First Aider
- Personal safety, assessing the incident
- Dealing with an unconscious casualty (including seizure)
- Cardiopulmonary resuscitation
- Defibrillation protocols (theory) ILCOR 2010
- Cardio pulmonary resuscitation; AED descriptions and usage
- Choking
- Dealing with blood loss and the treatment of Shock;
- Burns and scalds
- Recognition and management of fractures, inc. spinal injuries
- Amputations, head and crush injuries
- Chest and eye injuries
- Sudden poisoning and anaphylactic shock
- Minor injuries; small cuts, grazes, bruise, splinters
- Major illness; heart attack. strokes, epilepsy, diabetes and asthma

First Aid at Work & Defibrillator Re-qualification (FAIB) – 2 Day

- Assessing the incident
- Dealing with an unconscious casualty (including seizure)
- Cardiopulmonary resuscitation
- Choking;
- Dealing with blood loss and the treatment of Shock; Burns & scalds;
- Recognition and management of fractures, inc. spinal injuries
- Amputations, head and crush injuries
- Chest and eye injuries
- Sudden poisoning and anaphylactic shock
- Major illness; heart attack. strokes, epilepsy, diabetes and asthma

First Aid Annual Refresher – 3 hours (FAIB)

Emergency first-aider or fully qualified first-aider requiring annual refresher training

- Emergency action plan
- Dealing with unconscious casualty
- Cardiopulmonary resuscitation
- Dealing with wounds or bleeding casualty
- Update on any changes

Emergency First Aid at Work & Defibrillator (FAIB) – 1 day

- Responsibilities of a First Aider
- Recording of incidents and use of available equipment
- Emergency action plan, primary and secondary survey, airway management
- Dealing with an unconscious casualty (including seizure)
- Defibrillation protocols (theory) ILCOR 2010
- Cardio Pulmonary Resuscitation; AED descriptions and usage
- Choking
- Treatment of minor Injuries (including small cuts, grazes and bruises)
- Dealing with blood loss and the treatment of shock
- Bandages, dressing and minor bleeds
- Minor burns and scalds