

Rochdale Occupational Health Service Ltd

Course Information Sheet 1-day Emergency First Aid at Work Course (EFAW)

Aims & Objectives

This 1-day course is designed for people who want to receive training in emergency first aid and is especially suited for nominated first aiders in smaller, low risk working environments.

The aim of this course is to give candidates the knowledge, understanding, confidence and skills so they can carry out Emergency First Aid at Work promptly and efficiently within the role of an emergency aider in accordance with the syllabus of subjects taught as set out in the First Aid at Work Regulations 1981 - Approved Code of Practice 2009.

Course Content	
Morning Session	Afternoon Session
<ul style="list-style-type: none"> • Course Administration & Registration • Safety & Welfare Arrangements for Site • Course Introduction – Aims and Objectives • Health and Safety Regulations – Duties for Employers and their Responsibilities • The Role of the First Aider • Priorities of Treatment • Primary Survey & CPR • CPR Skill Station • AED Awareness 	<ul style="list-style-type: none"> • Heart Attack & Angina • Shock • Secondary Survey • Recovery Position • Recovery Skill Station • Wounds & Bleeding <i>(inc. Catastrophic Bleeding & the use of Tourniquets & Haemostatic Dressings)</i> • Burns & Scalds • Choking • EFAW Assessment Paper

Learning Outcomes

On completion of training, successful candidates should be able to:

- provide emergency first aid at work
- assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
- administer first aid to a casualty who is unconscious (including seizure)
- administer cardiopulmonary resuscitation
- administer first aid to a casualty who is choking
- administer first aid to a casualty who is wounded and bleeding
- administer first aid to a casualty who is suffering from shock
- provide appropriate first aid for minor injuries
- Understand the role of an emergency first-aider including; importance of record keeping, equipment and cross infection.

Assessment & Certification

Practical skills are assessed by continuous observation by the trainer and there is a written assessment paper to check understanding.

After successful completion of the course, an attendance certificate is issued valid for 3 three years.

Cost of Training

Cost of training is £95.00 + vat per person.