

# Course Details

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## FA10 HSE Approved First Aid at Work

A Health & Safety Executive approved three-day course that meets the current Health & Safety (First Aid) Regulations 1981. The course is delivered in accordance with the Approved Code of Practice L74 for qualifying First Aid personnel in the workplace.

### Selection of suitable candidates

Selection of first aid candidates will depend upon a number of factors. These include:

- Reliability, disposition and communication skills
- Aptitude & ability to absorb new knowledge & learn new skills
- Ability to deal with an emergency situations in a calm and controlled manner
- Normal duties: These should be such that the first aider may be able to leave his normal duties immediately to provide emergency care to an ill or injured worker

### Content

The skills of patient care that are essential to provide life support of an ill or injured person, are covered in three days, of which practical application and hands on practice are emphasised. The content of the HSE Emergency First Aid at Work is included.

In addition candidates will receive training in a wide range of first aid skills including:

- The ability to act safely and effectively when an accident or emergency occurs
- The treatment and priorities of care for an unconscious patient
- The recognition of cardiac arrest and delivery of cardio-pulmonary resuscitation (CPR)
- The ability to safely and promptly treat a patient who is bleeding
- The ability to recognize and treat a patient in shock
- The keeping of simple records following an accident at work
- Students will also learn to provide care for patients who have:
  - suffered a burn or scald
  - injured bones, muscles or joints
  - been poisoned by ingestion or inhalation of a substance or gas
  - suffered an injury to the eye
  - signs & symptoms of a major illness e.g. heart attack

Candidates will be required to undertake a summative assessment on the final day of the course.

The course follows a syllabus laid down by the Health & Safety Executive utilising the following training methods:

- Video/CD segments to convey essential information
- Hands on practice in groups
- Positive coaching from approved Instructors with a maximum group size of 12 students
- Up-to-date medical information presented in a stress-free learning environment
- Opportunity for self appraisal and completion of a class evaluation

**Assessment**

A written and practical assessment is carried out by external examiners. The assessment takes the form of a short multi-choice question paper taken from topics discussed during the course. The practical assessment covers dealing with bleeding, unconscious patients and non-breathing patients. The practical assessment uses both manikins and live patients.

**Certification**

Candidates who successfully complete the course will be awarded a First Aid at Work wall certificate. The qualification is HSE approved and is valid for three years.

**Course Duration**

3 Days (18 hours)

Course dates do not have to be consecutive to help with staffing problems, please ask for details.

Jan 2010