

Course Details

FA5 Emergency First at Work Plus

This course is designed to give the student a more comprehensive knowledge of first aid procedures than that given in the 6 hour Emergency First Aid at Work Course.

The course meets the recommendations of the Health & Safety (First Aid) Regulations 1981 issued by the Health & Safety Executive. It is delivered in accordance with the Approved Code of Practice L74 for training of candidates in first aid for low risk environments.

Selection of Suitable Candidates

The Emergency First Aid at Work Plus course is a popular choice for those people seeking a course with approvals by many recognised organizations.

Content

This course covers the basic essentials required to provide emergency care to a patient. It gives background and practical knowledge into a number of common illnesses and injuries that the first aider may be faced with either at work or home.

Candidates will receive training in a wide range of first aid skills including:

- 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 recognition and treatment of shock
- The recognition, signs and treatment for a range of common illnesses (heart attack, asthma, poisoning, diabetes and stroke)
- The treatment and care for an injured patient (fractures, dislocations, heat/cold exposure)
- The keeping of simple records following an accident at work

Scenario practice can be included to enable the students to apply the skills they have developed in a realistic situation.

The course follows a syllabus laid down by the Dimension-People Safe family of first aid training systems which utilises the following training methods:

- Video/DVD 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

Certification

Candidates who successfully complete the course will be awarded a certificate. The qualification is valid for three years.

This course has received Recognition following organisations: Mountain Leader Training Board, Royal Yachting Association, British Canoe Union, Snowsport England and Central Council for Physical Recreation.

Course Duration
14 Hours
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January 2010