

Emergency First Aid At Work

The Emergency First Aid at Work (EFAW) course will leave candidates confident in dealing with an emergency situation whilst awaiting the ambulance and give a basic understanding of the impact of the Health and Safety (First Aid) Regulations 1981 upon the workplace. From 1st October 2009 when the regulations are updated by the Health & Safety Executive in 2009, this course will also formally have HSE Approval.

It is suitable for smaller organisations, those with lower hazards, lone workers and those who are supporting other First Aiders in the workplace.

Course outline:

Introduction and basic legislation
Principles of first aid
Vital signs – recognising how unwell the casualty is
Incident procedure – dealing with emergencies
Treatment of an unresponsive casualty
Treatment of a casualty who is fitting
Dealing with bleeding and shock
Practical scenarios
Basic life support Heart attack
Chain of survival
Basic Life Support Non Heart Attack (if applicable)
Choking

Tailoring to your workplace:

By running the course as an in-house course for your business, any hot topics which are either high risk or have occurred as incidents in your workplace may be added to make the course even more relevant to your needs and to enable your staff to react quickly to an incident which may well occur on your premises.

Examples of commonly asked for topics include:

Eye injuries
Burns – including chemical burns
Common medical conditions e.g. asthma, diabetes, epilepsy, and anaphylaxis

Pre-requisites:

Candidates must be physically fit enough to participate in the practical aspects of the course – including to kneel and simulate CPR on a manikin.