



Who is this for?

This qualification is typically delivered over 1 day. It is for those working in lower risk workplaces, or higher risk workplaces with a small number of staff and visitors.

The qualification is open to those over 14 years of age, however only those over 16 can act as a sole first aider within the workplace.

Key points

- ☐ Regulated qualification
- ☐ Meets HSE requirements
- ☐ 6 Guided learning hours (1 day)
- ☐ Valid for 3 years
- ☐ Certificate included
- ☐ Assessed by MCQs and practical observation

Course content

This qualification has been developed to meet the first aid training requirements outlined by the H.S.E.

The course includes:

- ☐ What is first aid?
- ☐ First aid in the workplace
- ☐ Responsibilities of the first aider
- ☐ Primary survey
- ☐ Unconscious casualty management
- ☐ Resuscitation
- ☐ Choking
- ☐ Shock
- ☐ Wounds and Bleeding
- ☐ Minor burns
- ☐ Seizures

Additional topics can be delivered on request although delivery time may need to be extended.