

## Emergency First Aid at Work: Basic Life Support

### Introduction

This course is ideal for the workplace that present few health and safety risks, where a nominated or emergency first aid at work person is required to take charge in the event of an illness or accident.

### Who should attend?

This course is ideal for 'nominated' persons or for people who provide support to qualified first aiders.

### What you will learn?

Basic life saving first aid and workplace health and safety regulations.

### Course Content

- Health and safety (first aid) regulations
- Managing an incident
- The priorities of first aid
- Treatment of an unconscious casualty
- CPR - Resuscitation
- Shock
- Bleeding
- Common workplace injuries.
- RIDDOR 2013

**Duration:** 1 Day Course

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