



Who is this for?

It is for employees who need to become designated first-aiders in medium to high-risk environments or in larger workplaces.

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.

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
- ☐ Recognition and management of illnesses and injury in the workplace

Key points

- ☐ Regulated qualification
- ☐ Meets HSE requirements
- ☐ 18 hours Guided learning hours (3 days)
- ☐ Valid for 3 years
- ☐ Certificate included
- ☐ Assessed by MCQs and observation