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ADULT COURSES
FIRST AID



SOUTHAMPTON
ENGINEERING
TRAINING
ASSOCIATION



First Aid at Work: Fully Trained First Aider (HSE approved course)

On completion of training, successful candidates should be able to administer first aid to a casualty with:

- injuries to bones, muscles and joints, including suspected spinal injuries;
- chest injuries;
- burns and scalds;
- eye injuries;
- sudden poisoning;
- anaphylactic shock;
- recognise the presence of major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma, diabetes).

Duration: Three days.

First Aid at Work Refresher Course to Update a Fully Trained First Aider

Candidates should demonstrate their continued competence to:

- assess the situation in an emergency;
- deal with an unconscious casualty;
- administer cardiopulmonary resuscitation;
- administer first aid to a casualty who is wounded and bleeding.

Duration: Two days.



Emergency First Aid at Work Course (HSE minimum recommended requirement)

On completion of training, successful candidates should be able to:

- assess the situation in an emergency;
- administer first aid to a casualty who is unconscious (including seizure);
- administer cardiopulmonary resuscitation;
- administer first aid to a casualty who is wounded and bleeding;
- administer first aid to a casualty who is suffering from shock;
- record incidents and action.

Duration: One day.



Basic Lifesaver Course

Annual Update for all Trained First Aiders

This course can be delivered as either an update for first aiders (HSE recommended) or as a stand alone basic lifesaver course.

The course covers:

- assessing the situation in an emergency;
- the unconscious casualty;
- cardiopulmonary resuscitation;
- wounds and bleeding;
- shock.

Duration: Half day.