

# First Aid at Work (FAW)



**Course Duration: 3 Days**

## Employers' Duties on First-Aid Training:

The Health and Safety Regulations 1981 require employers to provide suitable first-aid equipment, facilities and personnel so that immediate assistance can be given to employees if they are injured or become ill at work. The regulations state that in order to provide first-aid, a person isn't suitable unless they have undergone;

- The right training and qualifications approved by HSE; and
- Any additional training if required

To decide what course is suitable in order to comply with HSE guidance please visit and complete a first-aid needs assessment <http://www.hse.gov.uk/firstaid/assessmenttool.htm>

## Aim and Objectives:

This HSE recognised 3 day First Aid at Work (FAW) course covers the practical skills needed by a first aider in the modern workplace. The course will give candidates the confidence and knowledge to deal with first aid emergencies.

On successful completion of this course candidates will receive a HSE recognised certificate (valid for 3 years) proving their training and competence in issuing first aid at work.

Please note that it is still recommended by the HSE however that candidates attend an annual refresher course in order to keep their skills and knowledge up-to-date.

## HSE's Recommended Sequence of Training:

|               | <b>FIRST AID AT WORK</b>                          | <b>EMERGENCY FIRST AID AT WORK</b>                                   |
|---------------|---|--|
| <b>Year 0</b> | First Aid at Work (FAW)<br>3 Day Course           | Emergency First Aid at Work (EFAW)<br>1 Day Course                   |
| <b>Year 1</b> | Annual Refresher<br>3 Hour Course                 | Annual Refresher<br>3 Hour Course                                    |
| <b>Year 2</b> | Annual Refresher<br>3 Hour Course                 | Annual Refresher<br>3 Hour Course                                    |
| <b>Year 3</b> | First Aid at Work Requalification<br>2 Day Course | Emergency First Aid at Work (EFAW)<br>Repeat of initial 1 day course |

## Course Content:

Understand the role of the first-aider including reference to:

- The importance of preventing cross infection
- The need for recording incidents and accidents
- Use of available equipment
- They will be able to assess the situation and circumstances in order to act safely, promptly and effectively 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 choking
- Administer first aid to a casualty who is wounded and bleeding
- Administer first aid to a casualty who is suffering from shock
- Provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns, scalds and small splinters)
- Administer first aid to a casualty with:
  - Injuries to bones, muscles and joints. Including suspected spinal injuries

- Chest injuries
- Eye injuries
- Poisoning
- Anaphylactic shock
- Recognise the presence of major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma, diabetes)

**Price per Person:**

£225.00 per person + VAT

(Minimum of 3 candidates required to run a course. Single bookings available subject to availability)

**Pre-Requisites for Candidates:**

We would recommend that candidates should be chosen for their ability to stay calm in emergencies, to be physically able to perform cardio pulmonary resuscitation for at least 5 minutes and be mentally robust enough to deal with the stresses expected in this role.

Literacy and language comprehension are important requirements on all courses.

Any physical impairment or literacy issues should be discussed with LTC Training Services Ltd prior to making a booking so we can best accommodate your needs.

**Training Location Options:**

We offer this course from both our Devon and Cornwall training centres as well as giving customers the option to hold training on site at a location of their choice (subject to the proposed venue having a suitable classroom facility and any other necessary facilities required for this course). Please contact us for further details.

**Course Start Time:**

All courses unless agreed otherwise will commence at 8.15am.

**Certification:**

Candidates must pass the formal assessment and scenario role play, which is assessed by an independent examiner on the final day of the course before they can be deemed as competent and to have successfully passed this course.

HSE recognised certificates are included in the course fee and will be issued to successful candidates once we have received payment in full. They are valid for 3 years.

**Equipment:**

Candidates are not required to bring any special equipment. Writing materials will be provided.

**Lunch and Refreshment Facilities:**

A lunch (e.g. baguette/sandwich and crisps) is included at no extra cost. Water, tea, coffee, fridge and microwave facilities are also available in our canteen for use your use free of charge.

Unfortunately we are not able to provide lunches when training is carried out on-site.

**Accommodation and Transport:**

Candidates are required to organise and pay for their own accommodation and transport should it be required. A list of local accommodation can be provided on request.

**Number of Candidates per Course:**

A maximum of 12

**Refresher Training:**

HSE strongly recommends that first-aiders undertake annual refresher training, over half a day, during any three-year FAW/EFAW certification period. Although not mandatory, this will help qualified first-aiders maintain their basic skills and keep up to date with any changes to first-aid procedures. LTC Training Services Ltd offer annual refresher courses in both FAW and EFAW. See 'First Aid at Work (FAW) Refresher' course description for further details.

(Date of latest revision: 4<sup>th</sup> January 2018)