



assured
SAFETY SOLUTIONS

1 Day Emergency First Aid at Work (EFAW) HSE Accredited Course









The Health and Safety (First-Aid) Regulations 1981 require employers to provide adequate and appropriate equipment, facilities and personnel to enable first aid to be given to employees if they are injured or become ill at work. These Regulations apply to all workplaces including those with five or fewer employees and to the self-employed.

In the event of injury or sudden illness, failure to provide first aid could result in that person's death. The employer should therefore ensure that an employee who is injured or taken ill at work receives immediate attention.

This course is ideal for smaller workplaces that present low health and safety risks. The level of first aid cover should be determined by a workforce first aid risk assessment. Nominated emergency first aiders should attend this course, or anyone wanting a comprehensive one day first aid where you will learn; basic life saving first aid and workplace health and safety regulations.

Course content

A wide range of subjects is covered including: -

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

Course duration

This course is delivered over 1 day at our training facility in Lincoln, at your organisations premises or at a convenient location for you.

Assessment and certification

Continuous assessment by trainer. Certification is valid for 3 years.



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www.assuredsafety.com