



## Emergency First Aid at Work

### DURATION

1 Day

### COURSE

### REQUIREMENTS

Medically Fit  
Able to knee down and roll over a 'casualty'

### RATIO OF TRAINERS TO TRAINEES

1 to 12

### COURSE SYLLABUS

The Emergency First Aid at Work training qualification is designed for the modern workplace, with modern communications, for the first aider to deal with emergency life-threatening incidents until the ambulance arrives or to deal with minor common occurrences that normally require no further medical intervention.

#### Module 1

Understand the role of the first aider including reference to the use of available equipment  
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 and/or in seizure

#### Module 2

Administer cardiopulmonary resuscitation  
Administer first aid to a casualty who is choking

#### Module 3

Administer first aid to a casualty who is wounded or bleeding and/or in shock  
Provide first aid for minor injuries  
Understand the need for recording incidents and actions

#### EQUIPMENT REQUIRED

All resources will be provided. No equipment is required from the trainee

#### RECORDS MAINTAINED BY XI

- Upon passing of course certification generated with renewal dates
- Unique I.D. Number for certification checks
- Lost certs or IDs can easily be replaced

#### POST COURSE CLIENT FEEDBACK

Each successful candidate will receive a first aid manual and an HSE certificate valid for 3 years,



Height Safety Training  
Equipment Supply  
Kit Inspection

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