

## HSE Emergency First Aid at Work

**Length of course: 1 day**

### **Is this the right course for me?**

The Emergency First Aid at Work course is ideal for low-risk environments such as offices and shops and/or organisations with fewer than 100 employees. Successfully completing an EFAW course will enable the candidate to act as a first aider in the workplace.

### **Pre-Course Requirements**

There are no formal requirements for learners who want to take this qualification.

### **What will I learn?**

The qualification covers the following topics:

- Roles and responsibilities
- First aid incidents
- Unconscious casualties
- Cardiopulmonary resuscitation
- Choking
- Bleeding
- Shock
- Minor injuries

### **How will I learn?**

You will learn through practical demonstrations and practice sessions..

### **Will I gain a qualification?**

Learners who successfully complete this course, including the practical assessments will receive a HSE approved certificate valid for three years.

### **What can I do next?**

A more advanced first aid course.

CIEH Health & Safety in the Workplace

Other course information can be found on [www.careersadvice.direct.gov.uk](http://www.careersadvice.direct.gov.uk) or with a NEXT STEP advisor.

### **What do I need to bring to the classes?**

Pen and paper. It is advisable to wear comfortable clothing for practical sessions. All other resources are provided.

**Can I talk to someone about my course before I start it?**

It is usually possible to put you directly in touch with the tutor if a member of the skillscentre:mk team cannot answer your query.