

Course Description

Remote Emergency Care (HSE First Aid at Work series)



Training Expertise

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HSE First Aid at Work series

What is this?

This is a series of first aid courses that meets with the Health and Safety Executive's requirements for First Aid at Work training. This complies with the new HSE guidelines that came into force on 1st October 2009. Course on offer dependant on your organizations requirements as follows:

- Emergency First Aid at Work
- First Aid at Work
- First Aid at Work annual basic skills update
- First Aid at Work requalification

Training involves plenty of hands-on practicals and scenarios.

Emergency First Aid at Work (EFAW)

What is it?

This is the entry-level first aid training course and enables a first-aider to give emergency first aid to someone who is injured or becomes ill while at work.

Who's it for?

This course is designed for people who wish to support the designated first aider at their workplace. Training is designed around the participants' workplaces, which would typically involve outdoor working.

Do I need to have learned first aid before?

No – this is an entry-level course.

How long does it last?

One day (conforms to new HSE guidelines). Training typically runs from 9am until 5.30pm each day.

What does it cover?

- Understand the role of the first aider including reference to the use of available equipment and the need for recording incidents and actions;
- Understand the importance of basic hygiene in first-aid procedures;
- 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;
- Administer cardiopulmonary resuscitation;
- Administer first aid to a casualty who is wounded or bleeding and/or in shock;
- Administer first aid to a casualty who is choking;
- Provide appropriate first aid for minor injuries.

Do I get a certificate?

Yes – you will be issued a certificate valid for 3 years, certified by Remote Emergency Care (see www.remoteemergencycare.com for details).

First Aid at Work (FAW)

What is it?

FAW training includes EFAW and also equips the first-aider to apply first aid to a range of specific injuries and illness.

Who's it for?

This course is designed for people who wish to be the designated first aider at their workplace. Training is designed around the participants' workplaces, which would typically involve outdoor working.

Do I need to have learned first aid before?

No – this is an entry-level course.

How long does it last?

Three days (conforms to new HSE guidelines). Training typically runs from 9am until 5.30pm each day.

What does it cover?

On completion of training, successful candidates should be competent in:

- Emergency first aid at work (see above);
- Recognising the presence of major illness and applying general first aid principles in its management.

In addition, candidates should be able to demonstrate the correct first-aid management of:

- Soft tissue injuries;
- Injuries to bones including suspected spinal injuries;
- Chest injuries;
- Burns and scalds;
- Eye injuries including how to irrigate an eye;
- Sudden poisoning and anaphylactic shock.

Students will be assessed by practical and written examinations.

Do I get a certificate?

Yes – you will be issued a certificate valid for 3 years, certified by Remote Emergency Care (see www.remoteemergencycare.com for details).

First Aid at Work Basic Skills Update (annual refresher)

What is it?

An annual refresher course highly recommended by the HSE for all First Aiders at Work. This course is not compulsory for validity of the FAW qualification.

Who's it for?

This course is for all First Aiders at Work to refresh their skills.

Do I need to have learned first aid before?

No – this is an entry-level course.



How long does it last?

4 hours

What does it cover?

On completion of training, candidates should have demonstrated their competence to:

- Assess the situation in an emergency;
- Administer first aid to a casualty who is unconscious and/or in seizure;
- Administer cardiopulmonary resuscitation;
- Administer first aid to a casualty who is wounded or bleeding and/or in shock.
- The course should also include any updates or changes to relevant first-aid procedures.

Students to be continuously assessed by the trainer.

Do I get a certificate?

No – this complements certification already held.

First Aid at Work requalification

What is it?

This course enables current first aid at work candidates to revalidate their certificate.

Who is it for?

This course is for current first aid at work candidates who are nearing or are within 30 days of their certificate expiring and need to revalidate their certificate.

Do I need to have learned first aid before?

Yes – you need to have a current or recently expired (within 30 days) first aid at work qualification.

How long does it last?

Two days

What does it cover?

This course covers the same syllabus as the First Aid at Work course and is assessed in the same way.

Do I get a certificate?

Yes – you will be issued a certificate valid for 3 years, certified by Remote Emergency Care (see www.remoteemergencycare.com for details).

Who should I contact?

To find out more about any of the above courses, contact the Training Expertise team on info@training-expertise.co.uk or 01256 886543.

