

## Emergency First Aid

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This course will provide the learners with the knowledge and skills to manage first aid emergencies effectively in the workplace.

**Duration:** 1 Day in centre.

**Course space:** Maximum 12 Learners

**Method of delivery:** This course comprises of structured theory sessions and trainer led demonstrations. This will be supported by written and practical assessments to demonstrate the learners understanding of the subject matter.

**Who is it for?** This course is designed for all learners who want to undertake training in emergency first aid. It is especially suited for nominated first aiders and for those who might need to provide first aid in situations where an individual becomes injured, or sick, at work.

### Course Objectives

On successful completion of the course learners will be able to:

- State the roles and responsibilities of a first aider.
- Understand how to deal with incidents and accidents.
- Explain the emergency response strategies.
- Demonstrate how to administer CPR.
- Demonstrate the recovery position.
- Explain how to recognise and deal with shock.
- Explain how to control bleeding

### Technical Information

**Date Produced:** March 2026

**Assessment Type:** Written and practical assessments.