

# First Aid at Work

## Outline

- Highfield accredited
- For delegates who wish to become first aiders in the workplace.
- Meets HSE requirements for training first-aiders in organisations that identified that staff need to be trained to this level within first-aid needs assessment.
- In line with guidance provided by HSE, supports/approves work place first aiders for a period of 3 years.
- Please notify us of any delegate disability or additional needs which may require reasonable adjustments
- Please bring photographic ID to this course.
- [Booking Form](#)

## Topics Covered

- Role & responsibilities of the first aider
- Assessing an incident
- Managing an unresponsive casualty
- The respiratory system
- Wounds bleeding
- Shock
- Seizures
- Dealing with minor injuries
- The human skeleton
- Fractures dislocations
- Sprains & strains
- Chest injuries
- Dealing with minor illness
- Other injuries

## Prerequisite

- Please wear suitable clothing and foot wear for practical elements

## Refreshments

- Refreshments provided, please bring your own lunch.