



# Emergency First Aid

This course gives the candidate competence in Emergency First Aid at Work skills and knowledge (6 Hours) as required under the Health & Safety (First Aid) Regulations 1981 (and in accordance with current first aid practice).

## Course covers:

- Roles and responsibility of a First Aider
- Assessing an incident involving an adult
- Managing an adult who is unresponsive and NOT breathing normally
- Provide first aid to an unresponsive and breathing normally adult
- Seizures
- Choking
- External bleeding
- Shock from severe blood loss
- Minor injuries



### Duration:

1 day  
(6 hours)



### Valid for:

3 years from  
date course  
completed



### Certificated:



TQUK and FAIB