

Course Dates

Please see our current course calendar (available at www.leedsmet.ac.uk/sport)

Course Fee (per individual)

£80

Minimum Age

16

Who is it for?

The Emergency First Aid at Work qualification is a competency based course, designed to train individuals in both theoretical and practical aspects of First Aid in low risk environments, such as offices, shops and libraries

Course Content

On completion of training, successful candidates should be able to:

- understand the role of a first aider including reference to:
 - the importance of preventing cross infection;
 - the need for recording incidents and actions;
 - use of available equipment;
- 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 (including seizure);
- administer cardiopulmonary resuscitation;
- administer first aid to a casualty who is choking;
- administer first aid to a casualty who is wounded and bleeding;
- administer first aid to a casualty who is suffering from shock;
- provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters);

Course Exam

You must, in order to gain a certificate:

- attend all course hours

You will be continuously assessed on your skills throughout the duration of the course

Certificate:

An Emergency First Aid at Work certificate, which is valid for three years, will be awarded to all successful candidates.

Course Duration

1 day

Course Venue

Normally held at Carnegie Stand, Headingley Carnegie Stadium, St Michael's Lane, Headingley, Leeds, LS6 3BR.

IMPORTANT NOTE

The HSE now recommends that first aiders undertake annual refresher training.

Please refer to the [First Aid – Basic Skills Update/ Annual Refresher](#) qualification for further details.