

## Course Dates

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

## Course Fee (per individual)

£195

## Minimum Age

16

## Who is it for?

The First Aid at Work qualification is a competency based course, designed to train individuals in both theoretical and practical aspects of First Aid to the standards required by the Health & Safety (First Aid) Regulations 1981.

## 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 (CPR);
- 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;
- administer first aid to a casualty with:
  - injuries to bones, muscles and joints, including suspected spinal injuries;
  - chest injuries;
  - burns and scalds;
  - eye injuries;
  - sudden poisoning;
  - anaphylactic shock;
- recognise the presence of major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma, diabetes);

## Course Exam

You must, in order to gain a certificate:

- attend all course hours
- successfully complete on course competency tests (3)
- successfully complete the final practical assessment covering:
  - unconsciousness
  - CPR
  - wounds and bleeding

## Certificate:

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

## Course Duration

3 days

## 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.