

Course Dates

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

Course Fee (per individual)

£130

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

2 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.