

Course Dates

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

Course Fee (per individual)

£60

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 a sporting environment. Ideal for those involved in sporting activities such as a referee, coach or player

Course Content

This course will give you all the necessary first aid skills to deal with a whole range of sporting injuries

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 has asthma or is choking;
- administer first aid to a casualty who has chest pains;
- administer first aid to a casualty who is suffering from the extremes of heat or cold;
- administer first aid to a casualty who is wounded and bleeding, including head injuries;
- administer first aid to a casualty who is suffering from shock;
- provide appropriate first aid for bone, muscle and joint injuries; sprains and strains; and burns and scalds

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:

A Sport Emergency Aid certificate, which is valid for three years, will be awarded to all successful candidates.

Course Duration

1 day

Course Venue

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