

4 day First Aid at Work

This 4 day programme in Emergency First Aid has been developed for individuals who wish to gain knowledge of Emergency Procedures and attain a recognised qualification in First Aid.

By the end of the course candidates will be able to demonstrate the essential knowledge and skills needed to deal with any First Aid emergencies in the work place.

The course will be assessed by external assessors and all successful students will receive a certificate as recognised by the Health and Safety Executive (HSE). This certificate is valid for a period of 3 years. Students must be a minimum of 16 years of age at the time they start the course.

Our First Aid Instructors who conduct the course and the assessors who assess the students, have qualifications that are acceptable to the Health and Safety Executive for teaching the statutory First Aid and whose registration is acceptable to Nuco Training Ltd.

Aim High Training and Development are able to tailor this course to meet the requirements of your organisation or for any individual.

All individuals will be provided with a HSE approved First Aid at Work manual, which includes all of the required information to accompany the course.

Aim High

Training & Development



During this course, candidates will learn the following modules:

- Module 1 - Introduction – The First Aider
- Module 2 - What is First Aid?
- Module 3 - First Aid in the Workplace
- Module 4 - Responsibilities of the First Aider
- Module 5 - Action in an emergency
- Module 6 - Primary Assessment
- Module 7 - Secondary Assessment
- Module 8 - Breathing and Circulation
- Module 9 - Principles of resuscitation
- Module 10 - Disorders of respiration
- Module 11 - Disorders of the Circulation
- Module 12 - Wounds and Bleeding
- Module 13 - Bites and Stings
- Module 14 - Disorders of consciousness
- Module 15 - Foreign Objects
- Module 16 - Burns and Scolds
- Module 17 - Bones, joints and Muscle Injuries
- Module 18 - Poisoning
- Module 19 - Effects of Heat and Cold
- Module 20 - Child and Baby Basic Life Support
- Module 21 - Incident management
- Module 22 - Casualty Management