



First Aid Occupational Health and Safety Training Courses throughout the UK

 0800 774 7034

1 Day Emergency First Aid at Work (EFAW)- HSE approved

Becoming a first aider is an important step to making a real difference to the well-being of your colleagues.

First aid provision in the workplace saves lives and can prevent minor problems or injuries from becoming major ones. It can help employers reduce costs from injury. And it is a legal obligation for every single employer to make sure their employees receive the right first aid care in the workplace.

Introduction

This course is designed for people who want to receive training in emergency first aid and is especially suited for nominated first aiders in smaller, low risk working environments.

Employers have to risk assess their workplace first aid requirements, and the One Day Emergency First Aid at Work (EFAW) qualification is one of the statutory qualifications for this purpose. This is a 6 hour Course which is approved by the Health and Safety Executive.

Duration

One Day

normally 9:00am – 4:15pm

we are flexible with Start times to accommodate the needs of your business. Please feel free to discuss your timings with us.

Who should attend the One Day Emergency First Aid Course?

This course is designed for people who want to receive training in Emergency First Aid at Work and is especially suited for nominated first aiders in smaller, low risk working environments. Organisations with up to 50 staff, where the environment is considered low-hazard, such as:

- *Teachers and school ancillary staff*
- *Retail shops*
- *Small offices*
- *Clubs*
- *Local Community organisations*
- *Churches*

Where Can I attend the One Day Emergency First Aid Course?

We can deliver 'in house' training at your Business venue and can provide you with a competitive price for group training. We can deliver any of the above courses at your place of work.

The 'on site' training option is particularly cost effective for Companies that have several people requiring training at the same time (usually 6 or more people). In addition to this there are many other benefits to arranging a first aid training course 'on site':

- ***Choosing your own venue gives greater convenience.***
- ***Travelling and accommodation costs can be reduced or removed.***
- ***A greater choice of course types are available.***
- ***The course content can be tailored to your exact requirements.***
- ***Businesses and Organisations can choose a suitable time to run their course.***
- ***Courses can be run anywhere in the UK.***

Course Aims

The aim of the Emergency First Aid at Work Course is to provide the learner with the essential skills and knowledge required to carry out emergency treatment required to save a life until further qualified assistance arrives to take over. This course is also meets the Health and Safety Executive (First Aid) regulations 1981 for employers for first aiders in small low risk environments. This course can be tailored to any work environment including schools.

Course Content

- Acts and regulations
- Anaphylactic Shock
- Asthma
- Bleeding/Amputations/Embedded Object
- Burns and Scalds
- Choking
- CPR –Adult, Child & Infant
- Diabetes
- Drowning
- Electric shock
- Epilepsy
- Eyes
- First Aid Kit
- Gas & smoke inhalation
- Head Injuries
- Heart conditions
- Incident approach
- Recovery Position
- Shock
- Unconsciousness
- Wounds

Assessment

The course is subject to ongoing assessment by the instructor throughout the course. There is no final assessment. The instructor observes the learners practice sessions as the training progresses to ensure the required level of understanding and skill is reached.

Certification

Each Delegate will receive a book and a HSE Approved Certificate (Upon successful completion of the training), which is valid for 3 years.

Cost for First Aid Training

We are confident that we can offer you a competitive price for all your First Aid Training requirements. Call us directly on **0800 774 7034** and we will be able to discuss your requirements.

Any prices which are quoted are exclusive of VAT.

Did you know we also deliver the following training Courses?

First Aid Training

One Day Emergency First Aid at Work – HSE Approved
Two Day First Aid at Work – HSE Approved
Three Day First aid at Work – HSE Approved
First Aid Two Day Refresher Course –HSE Approved
Paediatric First Aid Training – OFSTED Approved
First Aid (AED) Automated External Defibrillator
First Aid - Basic Life Support

Fire Safety Training

Fire Awareness Training
Fire Warden/Marshal Training
Fire Safety in the Workplace Training
Fire Risk Assessment Training
Hot Work Passport Training

Health & Safety Training

Health and Safety Awareness in the Workplace
COSHH Training
Risk Assessment Training
Manual Handling Awareness Training
Moving and Handling of People

Child Protection Training

Child Protection Level 1, 2 and 3
Safeguarding Children
MARAC Training
Drug and Alcohol Awareness
Sexual Exploitation awareness of Children

GK Safety | First Aid Occupational Health & Safety Training Courses throughout the UK

First Aid Training Courses HSE Approved
Paediatric First Aid Training Courses OFSTED approved
Fire Safety Training Courses
Manual Handling Training Courses
Child Protection Training and Consultancy
Health and Safety Training Courses



For enquiries or if you wish to discuss your training requirements in detail please call us on **0800 774 7034** and speak to one of our training consultants.