

ABC life support

First aid training for all

Emergency First Aid at Work Course

About Us

ABC life support provides impactful and interactive first aid training for all. Courses are practical with real life scenarios that are specific to the types of incidents that our learners may come across in their lives at work or at home. With the expert guidance of our highly qualified, knowledgeable and CRB checked trainers, we teach everybody the skills that will help them to confidently carry out the essential procedures required to preserve a life.



www.abclifesupport.co.uk



Emergency First Aid at Work

The HSE required Emergency First Aid at Work (EFAW) course is for low risk workplaces with minimum workforce numbers and will teach the delegate the skills and knowledge to help maintain life until the ambulance arrives.

Course content

- Health and safety (first aid) regulations
- Reporting of injuries and accident book
- Managing an incident
- The Primary Survey
- The Unconscious casualty
- Resuscitation (CPR)
- Shock
- Choking
- Seizures
- Bleeding
- Common workplace injuries.

Course Details

The course is delivered over 1 day and contains both theoretic and practical learning modules.

Assessment Process

There is no formal assessment. The trainer provides continuous assessment throughout the day.

Certification

The student will receive an A4 certificate of completion which is valid for 3 years.

How to book

If you are interested in booking one of our courses or just have a general enquiry please get in contact via the website, by e-mail or phone.

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