

# ABC life support

First aid training for all

## First Aid at Work Course - FAAW

### 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](http://www.abclifesupport.co.uk)



# First Aid at Work

This HSE recognised First Aid at Work course complies with the requirements laid down by the Health and Safety-First Aid Regulations 1981. This is for companies with staff numbers above 50 and/or setting is a high-risk environment. The course covers both practical and theoretic modules and by the end of the course, the successful candidate will become the First Aider in the Workplace.

## Course content

- Incident Management
- Primary Survey
- The Unconscious Casualty including Recovery Position
- Resuscitation (CPR)
- Casualty Management including Care and Communication
- Fainting
- Minor / Major Seizures
- Sprains and Strains
- Bone and Joint Injuries
- Burns and Scalds
- Bleeding
- Shock
- Severe Allergic Reaction
- Asthma
- Low Blood Sugar
- Choking
- Head and Eye Injuries
- Poisons
- Abdominal Pains
- Chest Pains

## Course Details

The course is delivered over 18 hours (3 days) and contains both theoretic and practical modules.

## Assessment Process

Ongoing Assessment will take place throughout the course. There will be no formal exam.

## Certification

The student will receive a booklet and 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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