



# First Aid Ipswich

## Training and Event Services

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## Full First Aid at Work (H.S.E. valid 3 years)

### Costs:

- Full course 3 days - £180 pp
- Annual 1 day refresher - £80 pp
- Requalification 2 day - £150 pp

### Subjects Covered:

- Course objectives, First Aid & HSE
- Legislation & what is covered
- What is first aid & what are its aims
- Aims and what should a first aider do
- Primary survey, DRSABC overview
- Secondary survey, Action plans and recovery position
- Breathing problems
- Choking
- Anaphylaxis & epi-pen
- Asthma and Hyperventilation
- CPR detail, what, why and how
- Circulatory problems – shock
- Circulatory problems – heart
- Control of bleeding – external
- Slings & dressings
- Internal bleeding
- Diabetes
- Head Injury
- Stroke
- Poisons
- Seizures
- Burns
- Eye injuries

Employers please note, if you have staff members with asthma, allergies, diabetes or a heart condition - and these are detailed in your risk assessment - the HSE recommend that you consider completing the **three day first aid at work** course. This is because these conditions are no longer covered in the first aid for appointed persons or emergency first aid at work course.