



Intelligent **Safety** Solutions

When?

All dates are on our training calendar.

Where?

The course is being held at our training centre in Wellington where ample parking is available.

Course fee:

£240.00 plus VAT to include course notes, HSE certification, lunch and refreshments.

How do I book?

Phone:
01823 668 526
Email:
enquiries@mbasafety.co.uk

MBA Safety & Training Limited
Unit 6, The Counting House
Tonedale Business Park
Wellington
TA21 0AW

E: enquiries@mbasafety.co.uk
T: 01823 668 526
F: 01823 668 527

www.mbasafety.co.uk

First Aid At Work



Who should attend?

Nominated workplace first aiders, or anyone wanting a comprehensive introduction to first aid.

Outline of course

A full Health and Safety Executive (HSE) approved First Aid at Work course, in accordance with the Health and Safety (First Aid) Regulations 1981.

Once qualified, holders of this First Aid at Work certificate can be used as First Aiders in the workplace in accordance with the Health and Safety at Work Act 1974. The First Aid at Work course is run over three days and includes both theory and practical sessions.

Aims and Objectives

The course will give you the knowledge and confidence to deal with a first aid emergency in the workplace and covers:

- Accidents and illness
- Using a first aid kit
- Simple record keeping
- Treatment of an unconscious casualty
- Heart attacks
- Resuscitation
- Shock
- Choking
- Bleeding
- Burns and scalds
- Poisoning
- Fractures
- Seizures
- Asthma
- Severe allergic reaction
- Eye injuries
- Low blood sugar
- Fainting.

