



# First Aid – ZGT31

## First Aid at work

### COURSE OVERVIEW

The First aid at work training course provides the comprehensive set of practical skills needed by first aiders in most workplaces to become a confident first aider at work. Giving both the ability and knowledge to deal with first aid emergencies. It meets the standards required to help comply with Health and Safety (First aid) regulations.

### Pre-requisites

There are no requirements for this course.

### Who Should Attend?

For those who are 16 or over and need to be First Aiders in the Workplace. 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.

### COURSE OBJECTIVES AND CONTENT



- First Aid Priorities
- Managing Incidents
- Basic Life Support
- Examination of a Casualty
- Unconsciousness
- Control of Bleeding
- Fractures
- Burns and Scalds
- Common Illnesses
- Heart Attacks
- Eye Injuries
- Dressings
- Recording and Reporting
- Regulations
- First Aid Kits

### Certification

All delegates receive a certificate and ID card valid for 3 years.

### Course Ratio / Duration

12:1 (12 delegates to 1 instructor)  
22 guided learning hours i.e. 3 days

**TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144**  
**or email us at: [training@zerogravitysafety.co.uk](mailto:training@zerogravitysafety.co.uk)**