



First Aid – ZGT30H

Emergency First Aid at Height

COURSE OVERVIEW

The Health and Safety (First Aid) Regulations 1981 require all employers to make arrangements to ensure their employees receive immediate attention if they are injured or taken ill at work. This includes carrying out a risk assessment, appointing a suitable amount of first aiders and providing appropriate first aid training. This course also meets the MATS GN-009 guidance note.

Pre-requisites

Current Work / Rescue At Height Qualification, Good physical health due to practical's taking place on towers and at height

Who Should Attend?

The Emergency first aid at height course is a qualification designed for those who have a specific responsibility at work, to provide first aid in a range of emergency first aid situations including at height. This course also includes a **Level 3 Award in Emergency First Aid at Work (RQF)**

COURSE OBJECTIVES AND CONTENT



- First Aid Priorities, roles & responsibilities
- Acting safely, promptly, and effectively in an emergency
- Preventing cross infection, recording incidents and actions and use of available equipment
- Cardiopulmonary resuscitation (CPR) & AED
- Care of an unconscious casualty (including seizure)
- Choking
- Wounds and bleeding including catastrophic
- Shock management
- Critical injury pack
- Suspension Intolerance (Suspension trauma)
- Hypothermia
- Burns
- Fractures

Certification

This qualification is valid for 3 years. The Learner needs to re-take the qualification and the assessments before the end of the 3 years to remain qualified.

Course Ratio / Duration

10:1 (10 delegates to 1 instructor)
8 guided learning hours i.e. 1 day

TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144
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