



First Aid – ZGT31H

First Aid at Height



COURSE OVERVIEW

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

This 3-day 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 first aid situations including at height. This course also includes a Level 3 Award in First Aid at Work (RQF)

COURSE OBJECTIVES AND CONTENT



- First Aid Priorities, roles & responsibilities
- Managing Incidents & legislation
- Preventing cross infection, recording incidents and actions and use of available equipment
- Examination of a Casualty (Secondary Survey)
- Unconsciousness
- Control of wounds and bleeding including catastrophic
- Fractures
- Burns including RF
- Head injuries inc. concussion, skull fracture and compression
- Heart Attacks & stroke
- Eye Injuries
- Critical injury pack & first aid kits
- Suspension Intolerance (Suspension trauma)
- Hypothermia & heat illness
- Shock management
- Chest injuries inc flail chest, tension pneumothorax, rib fracture, penetrating chest injury
- Impaling & amputation
- Electric Shock

Certification

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

Course Ratio / Duration

10:1 (10 delegates to 1 instructor)

24 guided learning hours i.e. 3 days

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