



Emergency First Aid at Work

Duration: 1 Day (6 hours)

Course Content

This one-day course meets the requirements of the Health and Safety Regulations (First Aid) 1981 for Emergency First Aid at Work qualifications.

The learner will be able to:

- Demonstrate CPR on an Adult, Child and Baby
- Recognise a Casualty choking
- Manage External Bleeding
- Monitor a Casualty in Shock
- Demonstrate the Recovery Position

For all RLSS UK First Aid qualifications, learners **MUST** be 16 years of age at the completion of the final assessment.