

Introduction

This Emergency First Aid course leads to the Health & Safety Executive Recognised Appointed Person First Aid Certificate. This is the minimum acceptable standard for First Aid at Work.

The course is run on behalf of LAYC by Fred Harrison of 1st Aid People Trainers.

The course is suitable for people without any experience of first aid or simply wanting to renew their existing certificate.

Content

The course content is a mix of presentation, discussion, and practical work (students are asked to consider style of dress appropriate for participation in practical activities).

A course handout and writing material will be provided as will all equipment required for the practical work.

The aims of the course are;

- To understand what is expected of a first aider
- To handle any first aid emergency
- To maintain appropriate records and first aid equipment

Outcomes

On completion of the course participants will have;

- Gained sufficient understanding of their roll in a first aid emergency
- Demonstrated their ability to adequately perform the duties of a first aider
- Obtained contact numbers for assistance should the need arise

Follow Up

Please answer all the questions;

- Where is the first aid kit kept at your club or group?
- Who is responsible for the first aid kit?
- Where would you report / record any accidents first aid that has been given?
- How do you communicate the first aid given to parents and/or guardians?