



# CORE FIRST AID

THE ESSENTIAL COURSES TO MEET YOUR STATUTORY FIRST AID TRAINING NEEDS

## FIRST AID AT WORK **3 DAYS**

This three-day course comprehensively covers the practical skills needed by first aiders in most workplaces. It meets the standards required to help employers comply with Health and Safety (First Aid) Regulations.

### COURSE CONTENT:

- The role of the first aider
- Communication and casualty care
- Allergic reaction
- Asthma
- Basic defibrillator training
- Bleeding
- Bone, muscle and joint injuries
- Burns and scalds
- Chest pains
- Choking (adult)
- Eye injuries
- Fainting
- Head injuries
- Low blood sugar
- Poisoning
- Resuscitation (CPR)
- Seizures
- Shock
- Spinal injuries
- Stroke
- Treatment of an unresponsive casualty.

### ASSESSMENT

Written assessment and continuous observation by the trainer.

### CERTIFICATION

Successful candidates receive a St John Ambulance certificate, valid for three years.

[sja.org.uk/faw](http://sja.org.uk/faw)

## FIRST AID AT WORK **2 DAYS** REQUALIFICATION

This two-day course updates the first aid skills of those who need to renew their *First aid at work* certificate. This course covers the contents of the three-day *First aid at work* course in two days. Delegates can also benefit from the additional day's teaching and practice by requalifying on the three-day course.

### ASSESSMENT

Written assessment and continuous observation by the trainer.

### CERTIFICATION

Successful candidates receive a St John Ambulance certificate, valid for three years.

[sja.org.uk/requal](http://sja.org.uk/requal)

## EMERGENCY FIRST **1 DAY** AID AT WORK

If your risk assessment indicates that first aid training covering emergency protocols only is sufficient for your workplace, this one-day course will help you meet your regulatory requirements.

### COURSE CONTENT:

- The role of the first aider
  - Communication and casualty care
  - Basic defibrillator training
  - Bleeding
  - Choking
  - Minor injuries\*
  - Resuscitation
  - Seizures
  - Shock
  - Treatment of an unresponsive casualty.
- \*Includes small cuts, grazes and bruises, minor burns and scalds, and small splinters.

### ASSESSMENT

Written assessment and continuous observation by the trainer.

### CERTIFICATION

Successful candidates receive a St John Ambulance certificate, valid for three years.

[sja.org.uk/efaw](http://sja.org.uk/efaw)

## ANNUAL REFRESHER **3 HOURS**

Employers are legally required to ensure their first aiders are competent and maintain their skills throughout the three years in which their certificates are valid. This three-hour course provides first aiders with an opportunity to practise and update their skills at any time while their first aid certificate is valid.

This course does not renew first aid certificates or extend the validity period of certificates.

[sja.org.uk/refresher](http://sja.org.uk/refresher)

### GET THIS COURSE FOR FREE OR HALF PRICE:

The first **Annual refresher** course is **FREE** to those who gain the **First aid at work** qualification and **HALF PRICE** to those who gain the **Emergency first aid at work** qualification with St John Ambulance.

To book scheduled courses email  
[workplace-training@sja.org.uk](mailto:workplace-training@sja.org.uk)

Or to enquire about training on your premises  
email [onsite@sja.org.uk](mailto:onsite@sja.org.uk)

Unsure what training is right for you? Visit [sja.org.uk/calculator](http://sja.org.uk/calculator)