

**Name:** Example Certificate  
**Course:** First aid at work  
**Duration:** 3 days

### Course Content

- Dealing with an emergency	Assessing a casualty, monitoring a casualty, where to get help, electrical incidents, lone worker
- Unresponsive and breathing adult	Unresponsive and breathing adult and suspected spinal injury
- Heart attack including the use of aspirin	
- Angina attack	
- Unresponsive and not breathing adult	Unresponsive and not breathing adult, face shields and pocket masks, mouth to nose
- AED*	Chain of survival, use of an AED*, safety considerations
- Choking adult	
- Seizures	
- Heat exhaustion	Heat exhaustion and dehydration
- Hypothermia	
- Accident recording and reporting	Health and safety first aid regulations, first aid kits, accident records, RIDDOR and COSHH
- Burns	Burns, electrical burns, chemical burns, chemical burns to the eyes
- Harmful substances	Poisoning, swallowed, inhaled and injected harmful substances
- Hygiene techniques	
- Bleeding and wounds	Bleeding heavily from a wound (limb, embedded object in a wound, scalp/head, palm of hand), crush injuries, penetrating chest wounds, abdominal wounds, amputation, small blisters and splinters, small bruises and wounds, nosebleed, eye wounds, bites and stings
- Shock	Shock and internal bleeding
- Diabetic emergency	
- Asthma attack	
- Severe allergic reaction	
- Stroke	
- Feeling faint	
- Head injury	
- Bone, muscle and joint injuries	Broken bones, dislocations, strains and sprains, spinal injury

\*Automated External Defibrillator