



HSE – Emergency First Aid at Work (EFAW) Course Information

This Emergency First Aid at Work course follows the full HSE syllabus and is the minimum qualification for workplace first aiders. It is also suitable for youth clubs, churches and other organisations.

It involves 6 hours of tuition and includes an element of assessment (i.e. no formal examination). No previous first aid experience is required.

Topics covered include:

- The role of the first-aider including reference to available equipment, prevention of cross-infection and the need for recording incidents and actions. Assessments of the situation and the casualty.
- Accident procedure enabling the first-aider to act safely, promptly and effectively in an emergency.
- How to deal with an unconscious casualty (including seizures).
- Basic life support (Cardio Pulmonary Resuscitation- CPR).
- How to deal with a choking, bleeding or wounded casualty.
- How to administer first aid to a casualty who is suffering from shock.
- How to provide appropriate first aid treatment for minor injuries.

In order to receive the certificate, you must attend the whole course and meet the required standard. On successful completion of the course you will be awarded the Emergency First Aid at Work certificate, which is valid for three years.

This course is of a practical nature, with the minimum of medical jargon and terminology and will involve indoor scenarios with other candidates, each taking turns to be 'casualty' or 'first aider', so please make sure you come with appropriate clothing for indoor activities.



Dates:

Please see www.outdoorapproach.co.uk for the latest course dates.

Cost: £55.00 (including VAT)

Course cost includes all training, course handbook, use of training materials, registration and certification, light refreshments throughout the day (though you will need to bring a packed lunch)

Full payment of **£55.00** is required with the completed booking form to secure a place (cheques only, please make payable to **Modfab Limited**). You can also pay online by Google Checkout using the **Buy Now** button on the website.

Timings:

The course begins at **9.30 am** and will finish at approximately **4.30 pm**

Venue:

The course will be run at the Risley Moss Local Nature Reserve near Warrington, Cheshire, directions are attached and can also be found on our website

Health and Medical:

Please contact us (either before or on arrival) of any medical issues which may prohibit you taking part fully, or may jeopardise yourself or others – we like to keep our scenarios realistic, but not real!

Please note, Outdoor Approach reserve the right to cancel a course (i.e. in the case of the required attendance level being below six persons for example) up to 14 days from the due course date. If this occurs, all payments made to Outdoor Approach will be refunded or bookings transferred to an alternative course (should this be acceptable to the candidate).