



# *S. J. W. First Aid Training Services*

153 Grange Road Erdington Birmingham B24 OES

Tel : 0121 373 7306 Fax: 0121 682 2227

e-mail: [SJWfirstaid@blueyonder.co.uk](mailto:SJWfirstaid@blueyonder.co.uk) [www.SJWfirstaidtraining.com](http://www.SJWfirstaidtraining.com)

## FIRST AID AT WORK COURSE

( 24 Hours, eg 4 days )

### **3 YEAR CERTIFICATE OBTAINED ON COMPLETION.**

(Approved by the Health and Safety Executive -- H.S.E. )

#### **DAY ONE :-**

am Aims and Principles of First Aid  
Assessment of Incidents / Casualties  
Managing the Unconscious Casualty  
Recovery Position ( Practise )  
pm Disorders of Respiration ( Asphyxia causing Hypoxia )  
Resuscitation ( Theory and Practise )

#### **DAY TWO :-**

am Revision ( Recovery Position and Resuscitation )  
Disorders of Circulation ( Shock, Fainting, Heart Attack, Anaphylactic Shock )  
Internal Bleeding  
Crush Injuries  
pm First Aid Boxes  
Hygiene Precautions  
External Bleeding and Wounds  
Dressings and Bandages ( Practise )  
Burns and Scalds

#### **DAY THREE :-**

am Revision ( Recovery Position, Bleeding and Resuscitation )  
Disorders of Consciousness ( Epilepsy, Diabetes, Head Injuries, Stroke )  
Poisoning  
pm Joint and Muscle Injuries  
Fractures ( Theory and Practise )  
Spinal Injuries

#### **DAY FOUR :-**

am Minor Illnesses  
Handling and Transporting  
HSE Regulations ( Including Record Keeping )  
Course Work Revision ( Theory and Practise )  
pm **Final Assessments** – Theory  
Practical