

TRAIN WITH THE EXPERTS

First aid and health
and safety at work

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Workplace First Aid Course Information

FAW First Aid at Work**3 days**

The First Aid at Work course provides the comprehensive set of practical skills needed by first aiders in most workplaces to become a confident first aider at work and to deal with first aid emergencies. It meets the standards required to help comply with Health & Safety (First Aid) Regulations.

Successful candidates receive a St John Ambulance E-Certificate, valid for three years.

FAWR First Aid at Work Requalification**2 days**

The FAW Requalification course updates the first aid skills of those needing to renew their FAW certificate, allowing time for revision and practice sessions, resulting in a St John Ambulance E-Certificate, valid for three years.

Please note: this course is only applicable to holders of an in-date First Aid at Work certificate. First-aiders whose certificate have expired beyond 31 days will be required to attend the full three-day FAW course.

EFAW Emergency First Aid at Work**1 day**

This one-day Emergency First Aid at Work course will help you meet your regulatory requirements if your risk assessment indicates that first aid covering emergency protocols only is sufficient for your workplace. The course covers first aid protocols for adult casualties only and is designed for nominated first aiders in smaller, low risk working environments. The certificate is valid for three years.

PAED Paediatric First Aid**2 days**

This course focuses on emergency scenarios facing those looking after infants and young children up to puberty and is suited to those working in nurseries, schools or childminders and carers of children at home. The Paediatric First Aid course meets the standard required by Ofsted. Successful candidates will receive a St John Ambulance E-Certificate which is valid for three years.

PAEDR Paediatric First Aid Requalification**1 day**

The Paediatric First Aid Requalification course updates and refreshes your knowledge of the Paediatric First Aid syllabus while allowing time for revision and practice sessions. Please note: this course is only applicable to those who already hold an in-date PAED certificate. Paediatric first aiders whose certificates have expired beyond 31 days will be required to attend the full two-day PAED course.

FASU First Aid Skills Update**3.5 hours**

Employers should ensure their first aiders are competent and maintain their skills throughout the three year certificate validity period. To combat skills fade, this course provides holders of a current FAW, EFAW or PAED certificate with an opportunity to practise and update their skills. It does not renew first aid certificates or extend the validity period of certificates. Attendees will receive a St John Ambulance Certificate of Attendance.

AEDI Automated External Defibrillation**4 hours**

For each minute that passes without defibrillation after the heart stops, the casualty's chance of survival falls by about 10%. Defibrillators are simple to use and require no previous first aid training. This course gives confidence to act quickly and effectively in an emergency and crucially, teaches how to perform effective CPR. The certificate is valid for one year. An email reminder for you to book a place on an AED Requalification course will be sent approximately 3 months before your certificate expiry but the onus remains on you to make sure you book a course before your certificate expiry.

AEDR AED Requalification**2.5 hours**

The requalification course is for holders of an in-date, valid AED certificate, offering the opportunity to refresh knowledge and to practise using a defibrillator. The certificate is valid for one year. If your certificate has expired beyond 31 days you will be required to attend the full AED course.

OAFA Outdoor Activity First Aid**2 days**

This course deals with conditions specific to the leisure and sporting activities in both indoor and outdoor environments. It is ideal for people taking groups on outdoor activities, overseeing outdoor events on-island or taking groups off-island, DofE participants, teachers and outdoor enthusiasts. You will receive certificates valid for 3 years in Outdoor Activity First Aid, Emergency First Aid at Work and Anaphylaxis. Candidates must attend both dates in order to complete the course and be willing/able to participate in the outdoor scenarios (whatever the weather).

M & H Moving & Handling Principles**3.5 hours**

The Moving & Handling Principles course offers essential support for all working professionals who manually handle objects, sit at the keyboard or stand in tiring positions. These activities can cause work-related musculoskeletal disorders, such as back and joint pain. We recommend all employers consider this training as part of each new employee's induction. An E-Certificate valid for three years will be issued.