



Emergency First Aid at Work

Course Duration: 6 Hours

Example Course Timetable

This is just an example and we can adjust the timetable to meet with your workplace requirements.

09:00–09:15

Assembly and Introductions

09:15–09:45

The Role of the First Aider

09:45–10:00

Assessment of an Emergency Situation and Your Actions

10:00–11:00

Cardio Pulmonary Resuscitation

11:00–11:15

Break

11:15–11:45

The Unconscious Casualty

11:45–12:15

Automated External Defibrillator

12:15–12:30

Choking

12:30–13:00

Shock including External Bleeding

13:00–13:45

Lunch

13:45–15:30

Practical Skills and Assessment

15:30–16:00

Minor Injuries

16:00–16:15

Course Evaluation and Closure