



## Who is this for?

This qualification is typically delivered over 1 day. It is for those working in lower risk workplaces, or higher risk workplaces with a small number of staff and visitors.

The qualification is open to those over 14 years of age, however only those over 16 can act as a sole first aider within the workplace.

## Key points

- Regulated qualification
- Meets HSE requirements
- 6 Guided learning hours (1 day)
- Valid for 3 years
- Certificate included
- Assessed by MCQs and practical observation

## Course content

This qualification has been developed to meet the first aid training requirements outlined by the H.S.E.

- The course includes:
- What is first aid?
- First aid in the workplace
- Responsibilities of the first aider
- Primary survey
- Unconscious casualty management
- Resuscitation
- Choking
- Shock
- Wounds and Bleeding
- Minor burns
- Seizures

Additional topics can be delivered on request although delivery time may need to be extended.



**1st Steps First Aid**

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