**Emergency First Aid at Work courses**

From 1 October 2013 HSE no longer approves training and qualifications for the purposes of first aid at work.

Training organisations who were formerly 'Approved' by HSE to deliver First Aid at Work Training can no longer claim to be HSE Approved or use their HSE Approval number.

The flexibility arising from the changes in the Regulations gives employers more choice in the first aid training they provide for their employees and who they choose to provide it.

An employer will need to undertake varying levels of due diligence (reasonable enquiry or investigation) into how they select a first aid training provider.

[First aid training providers - First aid at work (hse.gov.uk)](https://www.hse.gov.uk/firstaid/first-aid-training.htm)

Certificates for the purposes of first aid at work last for three years. Before their certificates expire, first-aiders will need to undertake a requalification course as appropriate, to obtain another three-year certificate. Once certificates have expired the first aider is no longer considered to be competent to act as a workplace first aider.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **St Johns***(currently recommended on website*) | **First Aid for All** | **Royal Life Saving Society UK** | **Paramedical First Aid Training** | **The Bridge First Aid** |
| [Emergency First Aid at Work Training Course | St John Ambulance (sja.org.uk)](https://www.sja.org.uk/courses/workplace-first-aid/emergency-first-aid/book-efaw/) | [Onsite Emergency First Aid At Work 24p | First Aid For All](https://firstaidforall.uk/onsite-first-aid-training/emergency-first-aid-at-work-1-day/uk/0/248589/) | [Combined Emergency Paediatric First Aid (EPFA) and Emergency First Aid at Work (EFAW) | First Aid Course by RLSS UK](https://www.rlss.org.uk/epfa-and-efaw) | [Emergency First Aid at Work – 1 Day – Paramedical First Aid Training](https://paramedicalfirstaidtraining.co.uk/course/emergency-first-aid-at-work/) | [Emergency First Aid at Work EFAW with Paediatric Ofsted approved training (thebridgefirstaid.co.uk)](https://thebridgefirstaid.co.uk/product/combined-efaw-and-pfa/) |
| **Emergency First Aid at Work** | **Emergency First Aid at Work (inc. Emergency Paediatric First Aid)** | **Combined Emergency Paediatric First Aid (EPFA) and Emergency First Aid at Work (EFAW)** | **Emergency First Aid at Work – 1 Day - Combined** | **Emergency First Aid at Work (EFAW) optional add-on + Paediatric First Aid course** |
| £198.00 (Inc. VAT)10% discount for groups of five or more | £79pp +VAT dependant on venue. Onsite First Aid Training £795.00 +VAT for 24 people | From £100 | Local to Chesterfield & Derby. Onsite Special course rate for groups of 10 – 12 people | £89.95 plus the certification fee for the add on EFAW is £29.95. Southeast England only. A discount is applied when booking 4 or more seats.  |
| Valid for three years | Valid for three years  | Valid for three years  | Valid for three years  | Valid for three years  |
| Self-regulated in line with HSE regulations | Accredited/regulated through the [First Aid Industry Body (FAIB](https://faib.co.uk/)) HSE Compliant Accreditation. Level 3. | Ofqual accredited. The one-day combined EPFA and EFAW course is endorsed by CIMSPA (both qualifications), ensuring that the training has been quality assured by CIMSPA and delivered by a CIMSPA education partner. Additionally, the course aligns with the standards set forth by the First Aid Awarding Organisation Forum (FAAOF). | Certificated by Paramedical First Aid Training Ltd.In line with the Health & Safety (First Aid) Regulations 1981. | This course can also be certified as a regulated qualification. A regulated qualification is ‘not’ a mandate for compliance with Ofsted or the HSE unless learners require funding, or where an industry or trade body specifically states a regulated qualification is required.The Bridge First Aid offer Regulated and endorsed qualifications through TQUK who are Ofqual registered. The assessment and administration criteria to be undertaken for a regulated certification carries a certification charge of £10 per delegate. |
| This course provides basic lifesaving first aid skills and knowledge of workplace health and safety regulations, covering:* Adult resuscitation (CPR)\*
* Burns and scalds
* Choking adult
* Communication and casualty care
* Defibrillator prompts and how to respond (theory based)
* Defibrillator pad placement (theory based)
* Minor and severe bleeding
* Role of the first aider (including knowledge of health and safety regulations)
* Seizures
* Shock
* Unresponsive adult

   | On completion of training successful candidates will be able to:Understand the role of the first aider including reference to:* The importance of preventing cross infection
* The need for recording incidents and actions
* Use of available equipment
* Assess the situation and circumstances in order to act safely, promptly, and effectively in an emergency
* Administer first aid to a casualty who is unconscious (including seizure)
* Administer CPR including using an Automatic External Defibrillator (AED)
* Administer first aid to a casualty who is choking
* Administer first aid to a casualty who is wounded or bleeding
* Administer first aid to a casualty who is suffering from shock
* Provide appropriate first aid for minor injuries including small cuts, grazes, bruises, minor burns (inc. electrical) and scalds, splinters

   | A range of subjects are covered, including: * Understanding the role of the first aider and paediatric first aider.
* How to manage and provide first aid to an unresponsive casualty who is not breathing normally (adult, child and infant).
* How to manage and provide first aid to an infant, child or adult suffering from shock.
* How to assess an incident and emergency situation and act safely and effectively.
* How to recognise and provide first aid for an infant, child or adult with a foreign body airway obstruction (choking).
* How to provide first aid to a casualty with external bleeding.
* How to handle a casualty with a minor injury.
* How to manage an unresponsive casualty who is breathing normally.

   | Once you have completed the course, you will be able to:* Recognise the roles and responsibilities of the first aider
* Assess the situation quickly and calmly
* Deal with an unconscious casualty breathing normally- Includes Adult, Child and Baby
* Deal with an unconscious casualty who is not breathing (CPR)- Includes Adult, Child and Baby Resuscitation.
* Deal with a casualty who is having a seizure
* Deal with a casualty who is choking
* Deal with casualty’s who are wounded & bleeding
* Deal with a casualty who is suffering from shock
* Assess and treat minor injuries including Burns
* Safe Use of the AED

  | Course topics• The role and responsibilities of a first aider• How to plan for and deal with a First Aid Emergency• Reporting of accidents and incidents• Knowledge of health and safety regulation• Recovery position• DRAB• Adult resuscitation (CPR)• Chest pains, heart attack and angina• Safe Automatic External Defibrillator (AED) use and pad placement adaptions for children• Allergic reaction• Anaphylactic shock and how to administer an auto injector. (EpiPen, Jext, Emerade)• Choking• Fainting• Minor and severe bleeding• Seizures• Shock• Spinal injuries   |