



WATA Knows... and you can too!

Health and Safety Courses

First Aid at Work HSE Course – 3 Days - REVISED SYLLABUS

The WATA route to success

This three-day basic First Aid at Work course is to a revised syllabus and is for employees to be trained to act as in-company First Aiders. Successful delegates will be awarded the HSE Certificate, valid for three years. A personal protection kit for use by the delegate in First Aid is included in the course fee.

What does the course cover?

- Day 1:**
- 1) Introduction
 - 2) Aims of First Aid
 - 3) Communication and delegation in an emergency
 - 4) Priorities of Treatment
 - 5) CPR Adult
 - 6) Use of Face-Shield
 - 7) Recognition & Treatment of Regurgitation
 - 8) Unconscious Patient
 - 9) Hypoxia causes/S&S (including respiratory system and chest injuries)
 - 10) Choking Adult
 - 11) Asthma/Hyperventilation. Re-cap and questions & answers plus issue homework
- Day 2:**
- 1) First Aid Quiz/Revision
 - 2) The Circulatory System
 - 3) Blood loss theory/Int Bleeding
 - 4) Types of wound (inc treatment)
 - 5) Treatment of Severe Bleeding
 - 6) Hygiene
 - 7) Bandaging and First Aid
 - 8) Shock/Anaphylaxis
 - 9) Angina & Heart Attack
 - 10) Stroke
 - 11) Burns & Scalds
 - 12) Poisoning
 - 13) CPR/Recovery Practice
 - 14) Issue Homework
- Day 3:**
- 1) First Aid Quiz/Revision
 - 2) Skeletal System
 - 3) Fracture Signs, Symptoms and Treatment
 - 4) Sprains & Strains
 - 5) Head and Spinal Injuries
 - 6) Epilepsy/Seizures
 - 7) Diabetes
 - 8) Secondary Survey
CPR/Assessment Practice
 - 9) Incident Reporting
 - 10) Final Assessments

Course Dates

2011: 12 – 14 Sep; 7 – 9 Nov

2012: 9 – 11 Jan; 6 – 8 Jun; 1 – 3 Oct

Course Fees: £215 + VAT per delegate

Including lunch, refreshments and course handouts

In-company courses by arrangement.

Duration 3 days (9:00 am to 5:00 pm approximately - please arrive 15 minutes before the course is due to commence)