



SIGNS | PPE | FIRE | TRAFFIC
FIRST AID | SITE FACILITIES
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WORKWEAR | OFFICE
[Visit safetybox.co.uk](http://www.safetybox.co.uk)

FREE DELIVERY ON ALL ITEMS

Cherwell Fire Safety Limited
Suite7-Unit7 Jugglers Close
The IO Centre
Banbury
OX16 3TA
Tel: 0800 998 7958
www.cherwellfiresafety.co.uk
www.safetybox.co.uk



First Aid at Work (3 Day's) Initial Course

Duration: 3 day's
Location: Your Premises
Introduction: Health and safety brief
Course nominal

Day One

- 09.00 Introduction and administration
09.15 Duties of a first aider
09.45 Dealing with an unconscious casualty:-
Primary survey
Secondary survey
Recovery position
11.00 Break
11.15 Basic Life Support and AED (Defibrillator)
12.30 Lunch
13.00 Practical to include:-
Primary survey
Secondary survey
Recovery position
Basic Life Support
Choking
14.30 Break
14.45 The causes of unconsciousness (FISH SHAPED)
17.00 Close-question and answer, brief and issue homework

Continued tomorrow...





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Day Two

- 09.00 Revision and feedback-to include going through the homework
- 09.30 Wounds and bleeding
- 11.15 Break
- 11.30 Shock to include:-
Low Volume
Anaphylactic
- 12.30 Lunch
- 13.00 Practical revision to include:-
Primary survey
Secondary survey
Recovery position
Basic Life Support
Choking
Dressings
- 14.15 Break
- 14.30 Extremity injuries to include:-
Fractures
Dislocations
Sprains and strains
Spinal trauma
- 15.30 Burns and scalds
- 16.30 Close-question and answer, brief and issue homework

Day Three

- 09.00 Revision and feedback-to include going through the homework
- 10.00 Eye injuries
- 10.15 Break





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10.30 After accident action to include:-
Recording
Reporting
First aid kits

11.00 Cross infection

11.15 Practical revision to include:-
Primary survey
Secondary survey
Recovery position
Basic Life Support
Choking
Dressings

12.30 Lunch

13.00 Pre assessment administration and brief

13.30 Practical assessments

- 1) BLS
- 2) Bleeding
- 3) Unconscious casualty

16.30 Course review and critique

16.45 End of course

Sessions are given by Power Point Presentation, Video and Practical
The course is HSE Approved and includes course registration and certification for 3 year's
Includes an independent course assessors in accordance with HSE regulations

Cost £1,195.00+VAT (price per course, not per person) – Max 12 delegates
Contact us for our latest availability and book yours info@cherwellfiresafety.co.uk

Please ensure you quote "3 day initial first aid training" within your e-mail.

