

# FIRST AID AT WORK



East of England  
Ambulance Service  
NHS Trust



*This course is for nominated first aiders in high-risk workplaces, or anyone who requires an in-depth, comprehensive first aid course. This qualification is **valid for 3 years** with ½ day annual refresher courses strongly advised.*

**Course length:** 3 days (18 hours)

**Awarding body:** FutureQuals

**Max. number of delegates:** 12

Some of the topics covered:

- \* Assessing a scene
- \* Casualty assessment
- \* Using first aid equipment
- \* Assisting the ambulance service
- \* Cardio Pulmonary Resuscitation
- \* Unconsciousness
- \* Seizures
- \* Shock
- \* Choking
- \* Asthma
- \* Heart Attacks
- \* Wounds & bleeding
- \* Fractures, strains & sprains
- \* Spinal injuries
- \* Burns & scalds
- \* Eye Injuries
- \* Head injuries



We can provide your organisation with an **on-site first aid needs assessment** and bespoke our teaching to focus on topics which are relevant to you. Our experienced tutors can create industry-specific scenarios which will reinforce learning and bring courses to life.

Our regional training centres are located in Norfolk, Suffolk, Cambridgeshire, Bedfordshire, Hertfordshire and Essex. Alternatively, we can teach courses conveniently at your premises.

## FOR QUOTES & BOOKINGS CONTACT:

**Mark or Kate at:**

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**EAST OF ENGLAND AMBULANCE SERVICE**

**Commercial Training Services**

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*Get trained by the professionals...*