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# First Aid At Work

Level 2

A three day approved training  
course for First Aiders in the  
Workplace

**ASCG**   
Active Solutions Consulting Group

Active First Aid



AMBULANCE



# First Aid At Work

(Level 2)

(3 days)

## Course Syllabus

- Responsibility of a First Aider
- Incident Assessment and Casualty Survey
- Managing an Unresponsive Casualty
- Basic Life Support & CPR
- Choking
- Wounds & Bleeding
- Shock
- Minor Injuries
- Fractures and Dislocations
- Head, Neck & Back Injuries
- Chest Injuries
- Burns and Scalds
- Eye Injuries
- Poisoning
- Anaphylactic Shock
- Heart Attack
- Stroke
- Asthma
- Diabetes

Our fully approved three day First Aid at Work is a qualification aimed at those who wish to become a First Aider in the workplace, for the purposes of the requirements set by regulations and outcomes from risk assessments.

Persons gaining this qualification will know that First Aid is the responsibility of everyone involved in the working environment. Its topics are regarded as important to maintaining good practice in the safe, prompt and effective treatment and ill health in the workplace.

## Learning Outcomes

By the end of the training session the attendees will be able to:

- Define their role as a first aider in the workplace.
- Describe how to minimise risks to themselves and others.
- Describe how to conduct a scene survey, a casualty assessment and call for help.
- Demonstrate how to administer Cardio Pulmonary Resuscitation (CPR) for adults using a mannequin doll.
- Describe how to identify and treat a choking casualty with a partially or a completely blocked airway.
- Demonstrate how to control severe external bleeding.
- Describe signs and symptoms of shock and how to manage a casualty who is in shock.
- Describe how to manage and administer first aid to casualties suffering from minor injuries which include small cuts, bruises, minor burns and small splinters.
- State first aid treatment for injuries related to bones, muscles, joints, spine, chest, and eyes.
- Describe how to treat a casualty with a burn or scald, with poisoning and with anaphylactic shock.
- Define how to identify and treat a casualty suffering from a heart attack, stroke, asthma and diabetic attack.



## Our Company

Active First Aid Training provides a range of first aid training courses to customers at different locations across the United Kingdom and Europe. The company is fully approved as a Training Centre and Active First Aid Training delivers courses compliant with the UK HSE Regulations and with European Resuscitation Guideline protocols.

Our team of customer focused instructors have an established history in training and hold formal approved teaching qualifications.

All training sessions can be taken as a stand-alone standard course, or modified for organisations that require specific information covered in the training sessions for their team members.



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