

Emergency First Aid at Work Training – 1 Day

Course Overview:

- **Course Duration:** 1 day
- **Maximum Instructor/Delegate Ratio:** 1:12
- **Delivery Method:** Classroom
- **Prerequisite:** Able to perform practical work at floor level
- **Awarding Body:** NUCO
- **Assessment:** Theoretical and Practical exam
- **Certification:** Successful delegates will receive a NUCO Certificate of Training

Course Content:

- Introductions
- What is First Aid
- Legislation surrounding First Aid
- Responsibilities
- Action in an emergency
- Primary Survey
- Secondary assessment
- The respiratory system
- Resuscitation + AED
- Disorders of respiration
- Disorders of the circulation
- Wounds and bleeding
- Seizures
- Minor burns and scalds
- Foreign objects + unit closure

Course Assessment:

- Theoretical assessment of multiple choice questions, which can be conducted orally where language barriers or literacy difficulties exist.
- Practical Test to confirm skills taught on the training course

Emergency First Aid at Work Training – 3 Day

Course Overview:

- **Course Duration:** 3 days
- **Maximum Instructor/Delegate Ratio:** 1:12
- **Delivery Method:** Classroom
- **Prerequisite:** Able to perform practical work at floor level
- **Awarding Body:** NUCO
- **Assessment:** Theoretical and Practical exam
- **Certification:** Successful delegates will receive a NUCO Certificate of Training

Course Content Day 1:

- Introductions
- What is First Aid
- Legislation surrounding First Aid
- Responsibilities
- Action in an emergency
- Primary Survey
- Secondary assessment
- The respiratory system
- Resuscitation + AED
- Disorders of respiration
- Disorders of the circulation
- Wounds and bleeding
- Seizures
- Minor burns and scalds
- Foreign objects + unit closure

Course Content Day 2 and 3:

- Introductions
- Recap on primary survey + secondary assessment
- Bones, joints and muscle injuries
- Head and spinal injuries
- Chest and abdominal injuries
- Specialised burn injuries
- Eye injuries
- Poisoning
- Anaphylaxis
- Major illnesses
- Additional sessions (if relevant) – Extreme heat and cold injuries + bites and stings

Course Assessment:

- Theoretical assessment of multiple choice questions, which can be conducted orally where language barriers or literacy difficulties exist.
- Practical Test to confirm skills taught on the training course