



## OPUS INDUSTRIAL SERVICES LIMITED

### First Aid at Work

#### Pre-requisites

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Candidates must be physically able to carry out the procedures detailed in the course outline and must attend all sessions to be eligible for assessment.

#### Duration

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3 days

#### Who is it for?

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This course is for employees who require a first aid at work (FAW) certificate to comply with HSE requirements. This is a HSE approved and certified course.

#### Course content includes:

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- The role of the first aider
- Contents of first aid kits (avoid cross infection)
- Recording of incidents and accidents
- Assessing the situation in an emergency
- Administer first aid to a casualty who;
  - is unconscious (including seizures)
  - requires cardio pulmonary resuscitation (CPR)
  - is choking
  - is wounded or bleeding
  - is in shock
  - has minor conditions - to include: minor cuts, grazes and bruises, minor burns and scalds, small splinters
- Administer first aid to a casualty with;
  - injuries to bones, muscles, joints including suspected spinal injury
  - sudden poisoning
  - burns and scalds
  - eye injuries
  - anaphylactic shock\*
- Recognise the presence of major illness and provide appropriate first aid including heart attack\*, stroke, epilepsy, asthma & diabetes

(\*Epi Pen and aspirin administration)

#### Qualification

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First aid at work (FAW) certificate, valid for 3 years.

#### Cost

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£160 per person



**OPUS INDUSTRIAL SERVICES LIMITED**

## Emergency First Aid at Work

### Pre-requisites

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Candidates must be physically able to carry out the procedures detailed in the course outline and must attend all sessions to be eligible for assessment.

### Duration

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1 day

### Who is it for?

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This course is for candidates who require an emergency first aid at work (EFAW) certificate to comply with HSE requirements. This is a HSE approved and certified course.

### Course content includes:

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- The role of the first aider
- communicating with a casualty
- contents of first aid kits (and avoid cross infection)
- recording of incidents and accidents
- assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
- administer first aid to a casualty who;
  - is unconscious
  - requires cardio pulmonary resuscitation (CPR)
  - is choking
  - is wounded or bleeding
  - is in shock
  - has minor conditions - to include: minor cuts, grazes and bruises, minor burns & scalds, small splinters

### Qualification

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Emergency first aid at work (EFAW) certificate, valid for 3 years.

### Cost

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£80 per person



OPUS INDUSTRIAL SERVICES LIMITED

## First Aid at Work Requalification

### Pre-requisites

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Candidates must be physically able to carry out the procedures detailed in the course outline and must attend all sessions to be eligible for assessment.

The Health and Safety Executive (HSE) requires that all people attending a requalification course prove their existing first aid qualification prior to attending this course. When your booking has been confirmed via email, please assist us by **sending a faxed or scanned copy of your existing first aid certificate** to 01642 562971 or ailsabarnett@opus-services.com

### Duration

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2 days

### Who is it for?

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This course is for candidates who need to renew a valid first aid at work (FAW) certificate. This is a HSE approved and certified course.

### Course content includes:

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- The role of the first aider
- Contents of first aid kits (avoid cross infection)
- Recording of incidents and accidents
- Assessing the situation in an emergency
- Administer first aid to a casualty who;
  - is unconscious (including seizures)
  - requires cardio pulmonary resuscitation (CPR)
  - is choking
  - is wounded or bleeding
  - is in shock
  - has minor conditions - to include: minor cuts, grazes and bruises, minor burns and scalds, small splinters
- Administer first aid to a casualty with;
  - injuries to bones, muscles, joints including suspected spinal injury
  - sudden poisoning
  - burns and scalds
  - eye injuries
  - anaphylactic shock\*
- Recognise the presence of major illness and provide appropriate first aid including heart attack\*, stroke, epilepsy, asthma & diabetes

(\*Epi Pen and aspirin administration)



**OPUS INDUSTRIAL SERVICES LIMITED**

**Qualification**

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First aid at work (FAW) certificate, valid for 3 years.

**Cost**

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£100 per person

**Notes**

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Candidates must hold and must produce to the Opus a first aid at work certificate, which is valid for the duration of the training, prior to the course booking being confirmed. This can be renewed up to 3 months early with the unexpired portion being added to the new certificate.