



## **Chartered Institute of Environmental Health (CIEH) Level 3 Award in First Aid at Work.**

**Duration: Three days.**

### **Course overview:**

This course is accredited by the Chartered Institute and an examination is included in the course.

The Health and Safety (First-Aid) Regulations 1981 require employers to provide adequate and appropriate equipment, facilities and personnel to enable first aid to be given to employees if they are injured or become ill at work. These regulations apply to all workplaces, including those with five or fewer employees, and to the self-employed.

The CIEH Level 3 Award in Emergency First Aid at Work is a two-unit, three-day course that will enable successful candidates to act as a first aider in their workplace:

- Unit 1: Emergency First aid in the Workplace.
- Unit 2: Recognition and Management of Illness and Injury in the Workplace.

### **Course content:**

The training programme for Unit 1 covers the following topics:

- Roles and responsibilities of a first aider.
- Assessing an incident.
- Unconscious casualties.
- Cardiopulmonary resuscitation.
- Choking.
- External bleeding.
- Shock.
- Minor injuries.

The training programme for Unit 2 covers the following topics:

- Secondary survey.
- Injuries to bones, joints and muscles.
- Suspected head and spinal injuries.
- Chest injuries.
- Burns and scalds.
- Eye injuries.
- Sudden poisoning.
- Anaphylaxis.
- Major illnesses.

Successful completion of the training programme for the CIEH Level 3 Award in First Aid at Work will provide candidates with the knowledge and skills to act as a first aider in the workplace.

**Course booking:**

Please contact one of our team for further details, course prices and booking arrangements on 01384 686039.