

## Driver CPC First Aid/Emergency Aid at Work (EFAW) Course

This course is aimed at training a person to recognise the scale of the emergency, prevent loss of life and send for first aid help if necessary. The course complies with the HSE 1981 "First Aid at work " legislation for "Appointed persons". Each student receives a first aid manual

### On completion of training, successful candidates should be able to:

- Understand the **role of the first aider** including reference to the use of available **equipment** and the need for **recording** incidents and actions.
- Understand the importance of basic **hygiene** in first-aid procedures.
- **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** and/or in **seizure**.
- Administer cardiopulmonary **resuscitation**.
- Administer first aid to a casualty who is wounded or **bleeding** and/or in **shock**.
- Administer first aid to a casualty who is **choking**.
- Provide appropriate first aid for **minor injuries**.
- Q and A session about RTAs, vehicle first aid kits and other FA issues that relate to drivers specifically

### DURATION

EFAW courses should contain **at least seven contact hours**

Usually, the course is run over a minimum of one day. However, it can run over a longer period, not exceeding three weeks, where each session lasts no less than two hours. The time remaining will be used in a question and answer forum using the students' experience.

### CANDIDATES

The candidates chosen to attend should be able to complete An Emergency First Aid at Work course. This means that they should be physically able to cope with all emergency situations (such as CPR) and should possess adequate communication skills.

They should be a reliable member of staff who could easily leave their normal duties to attend to an emergency.

If they do not meet the above criteria they will not be able to achieve the standard required for an Emergency First Aid at Work certificate.

**Please contact us at Bostock Health Care on 01234 356980 to book a course.**