

## Emergency First Aid at Work + Sports Injuries

### Who is the course for?

This course is recommended for anyone who has contact with adults or children within a sports and fitness training environment where there may be a need to administer first aid.

### Course objectives

At the end of the course learners will be able to:

- Understand the aims and principles of first aid
- Carry out resuscitation (CPR) for adults and children
- Use an AED
- Recognise and respond to heart attacks and angina
- Recognise and respond to asthma attacks
- Deal with an unconscious casualty
- Know when and how to move casualties safely
- Recognise and respond to head injuries
- Recognise and respond to simple fractures and dislocations
- Manage bleeding (including nose bleeds)
- Manage soft tissue injuries
- Understand the use of heat and ice treatments
- Understand the importance of record keeping

### Duration:

7.5 hours including breaks

### Assessment:

Continuous assessment by your instructor plus a multiple choice assessment paper

### Certification:

On successful completion of the course, participants will receive a nationally recognised FAIB certificate in Emergency First Aid at Work, valid for 3 years.