

Essential First Aid

4 Hour Course



Overview

This **4 hour** Essential First Aid course is a Basic Life Support course which includes CPR & Defibrillator training, Choking and Bleeding. This training will give you the confidence to act quickly and effectively if someone has a cardiac arrest and will provide you with the skills to help a choking or bleeding casualty.

This course is great as a supplement to your current first aid training however, **it does not meet the risk assessment needs for FAW/EFAW qualified first aiders, as per HSE guidelines.**

Tigerlily Training use scenario based training techniques as these are proven to maximise recall and provide learners with the skills, knowledge and confidence to act effectively when emergencies arise.

What to expect

- Flexible start / end times to suit you
- Certificate of Achievement
- Professional, qualified, and dynamic trainers
- Suitable for new or experienced first aiders
- Fully certificated for 3 years

Location, Duration, and Numbers

This 4 hour Tutor Led Practical Training course is held at your place of work.

As per HSE guidelines we restrict our courses to **12 learners per trainer** - although there is no limit to the number of learners you may include as we can supply multiple trainers.

Refresher Training

The HSE recommend learners update their skills annually. Tigerlily Training provide **free online refresher** training.

Course content

- Roles & Responsibilities of the First Aider
- Assessing an Emergency Situation & Prioritising Action
- Unresponsive Casualty (Not Breathing)
- Unresponsive Casualty (Breathing)
- Choking
- Bleeding & Shock

Availability

This **In-House** course is available at **your workplace** on a date of your choosing

Assessment

Learners will be **continuously assessed** by our instructor throughout the course

Duration

This is a **4 hour** course

Certification

On completion of the course you will receive an Essential First Aid **certificate** valid for **3 years**.

Tigerlily Training are a **TQUK** accredited training centre

This is not a recognised workplace qualification for the purposes of the Health and Safety (First Aid) Regulations 1981

To book a course or for more information, call us today on **0300 3020 999** or visit **www.tigerlilytraining.co.uk**