

Essential First Aid

4 Hour Course



Overview

This **4 hour** Essential First Aid course is designed for teachers and support staff who need a knowledge of first aid to support the schools qualified first aiders. This training will give you the confidence to act quickly and effectively in a first aid situation and provide immediate first on the scene help while waiting for a qualified first aider.

This course is great as a supplement to your current first aid training however, **it does not meet the risk assessment needs for qualified first aiders**, as per **HSE and DfE 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 anyone working with children

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.

Course content

- Roles & Responsibilities of the First Aider
- Assessing an Emergency Situation & Prioritising Action
- Unresponsive Casualty (Not Breathing)
- Unresponsive Casualty (Breathing)
- Choking
- Minor Injuries
- Extreme Temperatures
- Head Injuries
- Anaphylaxis
- Asthma
- Bites & Stings
- Bone , Muscle and Joint Injuries

Availability

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

Duration

This is a **4 hour** course

Assessment

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

Certification

On completion of the course you will receive an Essential First Aid **certificate** valid for **1 year**.

Tigerlily Training are a CTQ 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**