

## ***First Aid at Work Series Core Competencies (UK Health & Safety Executive compliant)***

### **Emergency First Aid at Work**

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.

Students to be continually assessed by the trainer.

### **First Aid at Work**

On completion of training, successful candidates should be competent in:

- Emergency first aid at work (see above);
- Recognising the presence of major illness and applying general first aid principles in its management.

In addition, candidates should be able to demonstrate the correct first-aid management of:

- Soft tissue injuries;
- Injuries to bones including suspected spinal injuries;
- Chest injuries;
- Burns and scalds;
- Eye injuries including how to irrigate an eye;
- Sudden poisoning and anaphylactic shock.

Students to be assessed by practical/oral questioning by an external assessor at a 1:6 ratio, to establish competency in: Dealing with an unconscious patient, CPR and dealing with a wounded and/or bleeding patient.

### **First Aid at Work Basic Skills Update (annual refresher)**

On completion of training, candidates should have demonstrated their competence to:

- Assess the situation 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.

The course should also include any updates or changes to relevant first-aid procedures. Students to be continuously assessed by the trainer.

### **First Aid at Work Requalification**

Content and assessment as for full FAW course.

### **Please note:**

FAW skills and knowledge on all courses should be taught and assessed in accordance with currently accepted first-aid practice in the United Kingdom. At present, HSE accepts the first-aid

management of injuries and illness, in as far as they relate to the topics covered in an FAW training course, as laid down:

- By the Resuscitation Council (UK); and
- In the current edition of the first-aid manual of the Voluntary Aid Societies (St John Ambulance, British Red Cross, St Andrew's Ambulance Association); or
- In other publications, provided they are in line with the two above, or supported by a significant body of medical opinion.