



frequently

asked questions

First Aid Training FAQ's

What is First aid training?

- ♥ Any point you, your employees or a member of the public could experience an accident, it's essential that in cases like this you can trust that someone with first aid training will be able to act in time.
- ♥ At its most basic, first aid is the initial assistance given to a victim of injury or illness. First aid training gives those the skills to be more than a helpless bystander, allowing them to apply their knowledge in skills like CPR and AED training.

How old do you have to be to do first aid training?

- ♥ The courses we offer are suitable for anyone aged 16+.

When do you need a trained first aider?

- ♥ *Every workplace is different and more susceptible to risks than others. You as an employer will know the site and surroundings better than anyone, though you need to keep in mind that before you assess your first aid needs, they should be "adequate and appropriate in the circumstances".*
- ♥ *To do this, employers need to consider a variety of different factors. For example:*
 - *The nature of the work and risks in and outside of the work site.*
 - *The company's history of accidents*
 - *The size of your business.*
 - *Staff, employees and workers that come onto the premises.*
 - *How remote you are from emergency medical services.*

If your workplace is low-risk and you are comfortable in the knowledge you don't require a trained first aider, an appointed person would be the best choice.

We offer a "first aid for appointed persons" course which gives trainees the ability to deal with emergencies and accident reporting.

This is not as extensive as the full first aid at work training course but gives suitable knowledge to those who you've appointed to be in charge of the first aid.

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What do you have to do on a first aid course?

- ♥ When undertaking a first aid course, you will understand the role and responsibilities of a first aider. Training courses will provide a range of accident scenario training which will include demonstrations, practical training and assessment in a classroom environment.
- ♥ Every first aid course now also consists of the training in AED defibrillators, so trainees will be able to use one of these life-saving devices in an emergency.
- ♥ A first aid course trains people with knowledge and confidence to take control of an emergency. It isn't just ticking off a box; this training teaches an all-important and life-changing skill.

Why do you need first aid training?

- ♥ All it takes is one moment, one mistake for someone's life to change forever. Unfortunately, these situations are not seldom in UK workplaces.
- ♥ You can see this from the press releases issued by The Health and Safety Executive (HSE), who document on an almost daily occurrence, companies who have failed to guard the safety of their workers.
- ♥ One most recent case was a distribution company fined after an agency worker sustained brain trauma and life-altering injuries as a result of improper training and supervision.

Why do you need first aid training?

- ♥ It's the law and can protect your business.
- ♥ All employers must comply with the 1981 Health And Safety (First Aid) Regulations which state employers need to provide adequate first aid facilities, equipment and training.

- ♥ As of 2017/18, there were 5550,000 workplace injuries recorded, ranging from minor cuts to serious fractures; the experience of a trained first aider allows them to act upon the injury and in more serious cases apply first aid until emergency services arrive. First aid training saves lives by giving your employees the confidence to spring into action in an emergency; also helping to reduce recovery times and the number of accidents in the workplace.

Do you have to participate in a HSE first aid course to get a certificate?

- ♥ Since October 2013, the Health and Safety Executive (HSE) no longer approve first aid training qualifications. Because of this, organisations aren't allowed to claim they are HSE approved anymore. That doesn't mean providers can act out like the wild west with little to no regulation. Training providers still need to demonstrate to the HSE how they are a credible training service provider.
- ♥ The HSE state all first aid training providers need to be able to demonstrate how their training is up to scratch with the following criteria expected of trainers and assessors:
 - *monitoring and quality assurance systems*
 - *teaching and standards of first-aid practice*
 - *syllabus content*
 - *certification*

Do you need to take anything with you to first aid training?

- ♥ Due to the nature of these courses, we'd recommend comfortable clothing as you will be spending time kneeling on the floor during practical's such as CPR and resuscitation.
- ♥ The only other thing you need to bring on the day is a willingness to learn and readiness to participate in practical's.

How often do you need to do a first aid course?

- ♥ For those who take the first aid at work course, their certificate needs updating every three years. To maintain basic skills and keep up to date on any changes to first-aid procedures.

How many people do you need to have with first aid training?

- ♥ How many people you need with first aid training is entirely dependent on your complete risk assessment and what degree of hazard your work entails. Take this example from the Health and Safety Executive (HSE) as a rough guide:
 - *Low hazard (e.g. Offices, Retail shops, Libraries)*
 - *Fewer than 25 employees – One appointed person*
 - *Between 25- 50 employees – One trained first aider*
 - *More than 50 employees – One trained first aider for every 100 people.*
 - *High hazard (e.g. Construction, Manufacturing, Warehouse)*
 - *Fewer than 25 employees – One appointed person*
 - *Between 25- 50 employees – One trained first aider*
 - *More than 50 employees – One trained first aider for every 50 people.*