



South East Landbased  
Training Courses LLP

## FIRST AID | EMERGENCY FIRST AID AT WORK

1 Day Emergency First Aid at Work (EFAW) training and assessment is offered with the optional inclusion of a course to include additional subjects faced by first aiders who work in Forestry, Arboriculture or within the wider landbased industries.

### COURSE CONTENT

- The ability to act safely and effectively when an accident or emergency occurs
- The treatment and priorities of care for an unconscious patient
- The recognition and treatment of a person in seizure
- The recognition of cardiac arrest and delivery of cardio-pulmonary resuscitation (CPR)
- The ability to recognise and safely treat a patient who is choking
- The ability to safely and promptly treat a patient who is bleeding
- The keeping of simple records following an accident at work

### EQUIPMENT REQUIRED

#### Protective Equipment:

- suitable clothing to demonstrate an ability to resuscitate a person on the floor

**PRE-REQUISITES:** Candidates must be reasonably agile & age over 16 years

**FURTHER INFORMATION:**  
[www.worksafetraining.co.uk](http://www.worksafetraining.co.uk)

#### PROGRESSION COURSE SUGGESTIONS:

 Chainsaw Maintenance and Crosscutting Refresher

 Felling & Processing of Trees under 380mm

 Safe Use of Brushcutters & or Trimmers

 Tractor Driving & Related Operations

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