

# HSE RECOMMENDED EMERGENCY FIRST AID AT WORK COURSE

**SBF**  
SEGENSWORTH  
BUSINESS  
FORUM

## COURSE INFORMATION

**CLICK  
HERE TO  
BOOK**

**£75**

**DATE:**  
28/06/2022  
**TIMES:**  
09:00 - 16:30



THIS IS A ONE DAY COURSE, IT IS SUITABLE FOR ALL WHO WISH TO LEARN BASIC FIRST AID AND THOSE WHO NEED A FORMAL QUALIFICATION, BUT THE RISK ASSESSMENT SHOWS THAT THE FULL FIRST AID AT WORK CERTIFICATE IS NOT NECESSARY.

The course meets the requirements of the Health and Safety (First Aid) Regulations 1981.

### ASSESSMENT

There is no external assessment. Candidates will need to demonstrate competency to the course tutor during the course.

### COURSE CONTENT

The course content will be tailored to the needs of the workplace(s) involved but will always cover:

- Introduction
- First Aid Legislation
- Assessing incidents
- Dealing with unconscious casualties and Resuscitation
- Choking
- Asthma
- Bleeding
- Shock
- Diabetes
- Epilepsy
- Aftercare
- First Aid kits

### CERTIFICATION

The certificate is valid for 3 years.

OUR COURSES ARE PROVING POPULAR AND SUCCESSFUL WITH OUR ATTENDEES.

COMMENTS INCLUDE:

**"Excellent Course"**

**"Good, constructive and informative"**

**"Well delivered"**

**"Enjoyed and found it useful"**

**"Brilliant, plenty of interaction."**

# FIRE WARDEN TRAINING

**SBF**  
SEGENSWORTH  
BUSINESS  
FORUM

## COURSE INFORMATION

CLICK  
HERE TO  
BOOK

£65

DATE:

20/04/2022

TIMES:

09:00 - 12:00

THIS COURSE IS FOR THOSE TASKED WITH SPECIFIC FIRE PREVENTION AND PROTECTION DUTIES.

To equip all individuals with a clear understanding of how to help prevent fire and what to do should it happen. To ensure both employer and employee comply with their legal obligations under current fire safety legislation.

You must appoint 1 warden for every 10 to 15 employees. Select based on aptitude, location in premises and attendance.

On completion delegates will receive a certificate of attendance.

### SYLLABUS

- Fire precautions regulations/legislation
- Chemistry of fire and how fires spread
- Common causes of fire
- Action on discovering a fire
- Calling the Fire Service
- Good housekeeping
- Fire safety signs
- Types of fire extinguishers
- Evacuation procedures
- Liaising with Fire Services
- Weekly fire checks
- Record keeping
- Hands on fire fighting practice

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