



Emergency First Aid at Work (EFAW)

Looking to enhance workplace safety and be able to manage an emergency with confidence? Our accredited Emergency First Aid at Work (EFAW) course is designed to provide comprehensive training for staff to manage medical emergencies in the workplace.

This one-day program led by one of our experienced trainers combines vital knowledge with practical skills, including Basic Life Support (BLS), wound care, and managing breathing issues. Participants also learn to recognise shock, handle musculoskeletal injuries, and understand legal and ethical considerations. By joining our EFAW course, learners will have the knowledge and skills to handle a medical emergency in the workplace with confidence.

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Learning Outcomes

- The role of a first aider
- The prevention of cross infection
- The recording of incidents and actions
- The use of available equipment
- The assessment of first aid situation
- First aid treatment for unconscious casualty
- Cardiopulmonary resuscitation
- First aid treatment for choking, wounding, bleeding and shock
- First aid treatment for minor injuries

Course Content

The Emergency First Aid at Work course is a one-day training program, offering a condensed yet comprehensive curriculum. Participants gain essential skills in Basic Life Support (BLS), covering CPR techniques for adults, children, and infants, along with AED usage. The course addresses respiratory distress, including choking incidents, and teaches the Heimlich manoeuvre. Wound care and bleeding control techniques are covered extensively, along with managing workplace medical emergencies such as heart attacks, strokes, and seizures. Participants also learn to handle musculoskeletal injuries, recognise and treat shock, and understand legal and ethical considerations. The course promotes increased workplace safety, quick and effective emergency responses, and an empowered workforce.