

## Level 2 Emergency First Aid at Work

**Duration:**

1 day

**Aim:**

This course is based on the Level 2 Award in Emergency First Aid at Work by the Chartered Institute of Environmental Health. Candidates who successfully complete the course will be able to act as a first aider in lower risk environments or where there are less than 100 employees.

**Objectives:**

By the end of the course candidates should be able to;

- Understand what is required of a First Aider
- Be able to undertake a basic examination of a casualty
- Recognise common types of injury/ill-health situations that First Aiders are most likely to encounter
- Deal with common types of injury/ill-health situations

**Contents:**

- Roles and responsibilities of a first aider
- assessing an incident
- unconscious casualties
- cardiopulmonary resuscitation
- choking
- external bleeding
- shock
- minor injuries

**Certification:**

The Institute of Health and Safety