

## Emergency First Aid at Work CPC (EFAW/CPC) 1 Day (7 Hours) Valid for 3 years

This EFAW/CPC course is delivered over one day and is designed to help employers meet their obligation under HSE Guidance for Emergency First Aid at work. It also will qualify a Goods Vehicle Driver for seven hours CPC upload to the DVSA Drivers DQC Record.

During the course, students will develop the skills and knowledge needed to deal with a range of emergency first aid situations, including administering CPR, using a defibrillator, dealing with wounds and bleeding, minor injuries, and more.

HTS Instructors are all very experienced First Aid practitioners with many years of experience in Industrial, Transport, Commercial, Office, Shop, and Emergency Trauma Response Training. They will always tailor each course to the individual needs of the class and workplace setting as required.

### Course Content

- Aim/Role of a First Aider
- Priorities of Treatment
- Assessing an Emergency
- Primary Survey
- CPR
- AED
- Secondary Survey
- Choking
- Unconscious Casualty
- Levels of Response
- Shock
- First Aid Kits
- Wounds and Bleeding
- Cuts, Grazes, Splinters
- Recovery Position
- Burns and Scalds
- Head Injuries
- Seizures
- Stroke
- C-Spine Immobilisation
- Reporting/Recording Incidents
- 7 hours CPC Upload.