

# First Aid at Work

## 3 Day Course



### 3 Year National Qualification & Certification

This Health & Safety Executive approved course aims to train people at the required level of skills and knowledge, in accordance with the Health and Safety (First Aid) Regulations 1981. Once qualified, a certificate valid for three years will be issued and you can become a First Aider in the Workplace in accordance with the Health and Safety at Work Act 1974.

During the course you will be issued with all you need for the training and the final assessment. Our instructors are dedicated to guiding you through the course. They come from a military background and have been involved in teaching First Aid for many years and have applied First Aid practically saving lives during hostilities on operations around the world.



#### Some course content includes:

- + First Aid Priorities
- + Managing Incidents
- + Basic Life Support
- + Unconsciousness
- + Burns & Scalds
- + Sprains & Strains
- + Bleeding
- + Examination
- + Dressings
- + Recording & Reporting
- + First Aid Kits

**Assessment**  
Theory & Practical

**Certification**  
Valid for 3 years

**Course Fee**  
Individual - £200 + vat  
Group discount available

**Bookings**  
Please visit website or call



Approved HABC Centre



APPROVED CONTRACTOR



The National Federation for Personal Safety



Impact Training Centre  
Unit 15  
Peartree Business Centre  
Peartree Road, Colchester  
Essex CO3 0JN

0871 2000 127  
info@impact-security.com  
www.impact-security.com

Office Reg (left) ~ Company Reg No: 4662616 ~ VAT Reg No: 750963417