



Your partners in health, safety and environmental welfare

## Emergency First Aid at Work (1 DAY)

This course is designed for those persons appointed to take charge of emergencies within the workplace. The course should be refreshed every year.

The course runs in accordance with the current First Aid Manual and is approved by the HSE.

### What will you learn?

On successful completion the student will be able to:

- Summon the emergency services
- Provide basic First Aid treatment for both conscious and unconscious casualties
- State the contents of a First Aid Kit
- Conduct the necessary duties in the aftermath phase of an accident in the workplace

### What we offer

- Occupational Health Services
- Regular Site Inspections
- Site Inspection Reports
- Non-Compliance Reporting
- Accident Reporting
- CDM Compliancy
- Risk Management Tools
- Annual Health Check
- Accident Investigation
- Training Courses
- SSIP Assistance
- Member Helpline
- Toolbox Talks
- Fire Risk Assessments
- Health and Safety Audits
- Annual Office Inspections
- Environmental advice
- UK Coverage
- Online Accident Statistics
- Dedicated Safety Advisers

## Course dates 2025

- 28 Jan
- 11 Feb
- 21 Mar
- 25 Mar
- 30 Apr
- 9 May
- 29 May
- 9 Jun
- 23 Jun
- 3 Jul
- 30 Jul
- 8 Aug
- 12 Aug
- 11 Sep
- 24 Oct
- 3 Nov
- 13 Nov
- 2 Dec

## Course programme

- Course Admin and Students Introduction
- Summoning Emergency Services
- HSE Responsibilities
- Accident book
- First Aid kit
- Primary Survey - DRABC
- Dealing with Unconscious casualty
- Recovery position
- Resuscitation – respiratory arrest, CPR
- Use of Automated External Defibrillators (AED)
- Obstructed Airway & Choking
- Breathing disorders – Asthma, Anaphylactic shock
- Circulatory disorders – shock, angina, heart attack
- Bleeding, bandaging & dressings – standard, fist, embedded object
- Disorders of the skeleton – breaks, sprains, strains
- Miscellaneous medical conditions – seizures, diabetes, electric shock, eye injuries

## About BSG

The Building Safety Group (BSG) is a not-for-profit organisation which specialises in providing Health, Safety and Environmental consultancy and training for the construction industry. BSG has over 800 members operating across 3500 workplaces throughout the UK.

We conduct over 20,000 site inspections every year and train more than 10,000 construction workers.



## HOW TO BOOK

Book your place by calling our Training Services team on 0300 304 9080 or email [Training@BSGlimited.co.uk](mailto:Training@BSGlimited.co.uk) with your enquiry.



## What our clients say about us

*"Excellent Instruction and very clearly conveyed."*

**Southside Scaffolding Limited**

*"BSG are clearly experts in Health and Safety training for the construction industry."*

**CTS**

*"As I was pretty new to the role, my knowledge was limited but after taking the BSG course I feel very confident I will be able to positively move on in my position. I have learnt a massive amount."*

**Prodeck Fixing Ltd**

*"I learnt a lot about disciplines I previously knew nothing about. Learnt new regs and reinforced my previous knowledge."*

**Mirage Interiors**

## Need a course at your organisation?

If you have a group of 6 or more employees requiring training, we can run courses on a private basis, at a venue of your choice on a date that suits you. We can tailor the course to meet your needs and requirements. Contact us to find out more and get a bespoke quote.

## How to book

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## Course Rates

### At BSG Training Centre

BSG Members

### Rate

£90+VAT\* per delegate

Non- Members

£120+VAT\* per delegate

### Group bookings at your premises

### Rate

BSG Members

£605+VAT\*

Non- Members

£755+VAT\*

### Group bookings at BSG Training Centre

### Rate

BSG Members

£760+VAT\*

Non- Members

£950+VAT\*

Course fees include course materials, certification and lunch.



**The Building Safety Group Ltd**

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