



Your partners in health, safety and environmental welfare

First Aid at Work

(3 days)

This course covers the practical skills needed by a first aider in the modern workplace. The course will give you the confidence and knowledge to deal with first aid emergencies. The course should be refreshed every 3 years with the 2 day requalification course.

What will you learn?

The course will give delegates the knowledge to qualify as a First Aider in the workplace and to efficiently manage any event at work where a person requires medical attention.

By the end of the course, the students will be able to:

- Recognise both trauma and medical emergencies.
- Provide basic First Aid Treatment for both conscious and unconscious casualties.
- Take sufficient steps to provide professional medical treatment.
- State and use the contents of a First Aid Kit
- Safely and efficiently manage any incident where somebody requires medical attention at work.

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

- 13, 14 & 15 Jan
- 3, 4 & 5 Feb
- 3, 4 & 5 Mar
- 8, 9 & 10 Apr
- 12, 13 & 14 May
- 10, 11 & 12 Jun
- 1, 2 & 3 Jul
- 5, 6 & 7 Aug
- 8, 9 & 10 Sep
- 14, 15 & 16 Oct
- 3, 4 & 5 Nov
- 9, 10 & 11 Dec

Course programme: Day 1

- Admin & Introduction
- Aim & learning outcomes
- Legislation
- Emergency telephone calls
- Incident management
- Danger
- Response
- Airway
- Breathing & Circulation
- Unconscious casualty
- Primary survey
- Top to toe survey
- Recovery position
- Monitoring and recording
- CPR

Course programme: Day 2

- Review Day 1
- Disorders of circulation
- Types of bleeding & wounds
- External & Internal bleeding
- Indirect pressure
- Crush injury
- Dressings & bandages
- Embedded object
- Amputation
- Nosebleed
- Bruising & grazing
- Varicose veins
- Safety, PPE, Diseases
- Disorders of consciousness
- Concussion, Cerebral compression,
- Skull fracture
- Stroke & Epilepsy

Course programme: Day 3

- Review Day 1 & 2
- Bone, Joint & Muscle Injuries
- Dislocations & Spinal injuries
- Slings
- Effects of heat and cold
- Burns
- Heat exhaustion
- Heat stroke
- Hypothermia
- Poisons
- Eye Injuries
- Diabetes
- Misc. illnesses
- Casualty Transportation
- Written assessment
- Practical assessments
- End of course admin

First Aid at Work (3 days)



How to book

Book your place by calling our Training Services Team on 0300 304 9080 or email Training@BSG Ltd.co.uk with your enquiry.



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.

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

Book your place by calling our Training Services Team on 0300 304 9080 or email Training@BSGlimited.co.uk with your enquiry.

Course Rates

At BSG Training Centre	Rate
BSG Members	£220+VAT*
Non- Members	£275+VAT*

Course fees include course materials, certification and lunch.



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