



3 DAY COURSE FIRST AID AT WORK



Our First Aid at Work 3-day course gives your team more than just a certificate - it gives them the confidence to step in and take control when it matters most. Through practical, hands-on training, your staff will learn how to respond quickly and effectively in a wide range of workplace emergencies.

**STAY COMPLIANT. PROTECT YOUR STAFF.
BUILD A SAFER WORKPLACE.**

» Duration & location

- 3 Days
- Bolton Town Centre Venue

» Who needs this training

This course is essential for employers who:

- Operate in higher-risk industries (e.g. construction, logistics, manufacturing)
- Have a larger workforce or multiple departments
- Need to meet HSE first aid needs assessment requirements
- Want to ensure adequate first aid cover for shifts, sites, or locations

» What you'll learn

Your employees will gain practical, hands-on skills and knowledge, and learn how to:

- Understand the role of a workplace first aider
- Assess incidents and respond effectively
- Perform CPR and use an AED
- Treat unconscious casualties
- Manage choking, bleeding, burns, and shock
- Handle fractures and other injuries
- Respond to medical emergencies (heart attack, stroke, asthma)
- Treat minor injuries

WHY IT MATTERS

Employers are legally required to provide adequate and appropriate first aid provision for their employees - **but beyond compliance, it's about doing the right thing.**

Having trained first aiders in your team means you're not only meeting your legal obligations, you're prepared to respond when it matters most and able to properly protect your staff and anyone on your premises.