BritishRedCross

FIRST AID

This is to certify that

Harry Ingram

has successfully completed the course

Emergency First Aid at Work

with the British Red Cross

Training has been delivered in accordance with currently accepted first aid practice. Certificate issued for the purpose of the Health and Safety (first aid) Regulations (1981) and Health and Safety (first aid) (amendment) Regulations (Northern Ireland) 2017.

M J Adamson.

Mike Adamson
Chief Executive

Valid from:	11 Sep 2020
Valid to:	12 Sep 2023
Certificate No:	431628-FA1

The power of kindness

BritishRedCross

FIRST AID

Name: Harry Ingram

Course: Emergency First Aid at Work

Duration: 1 day

Course Content

- Dealing with an emergency	Assessing a casualty, monitoring a casualty, where to get help, electrical incidents
- Unresponsive and breathing adult	
- Seizures	
- Unresponsive and not breathing adult	Unresponsive and not breathing adult, face shields and pocket masks, mouth to nose
- AED*	Chain of survival, use of an AED*
- Choking adult	
- Hygiene techniques	
- Bleeding and wounds	Bleeding heavily from a wound (limb, embedded object in a wound), small blisters and splinters, small bruises and wounds, nosebleed
- Shock	Shock and internal bleeding
- Accident recording and reporting	Health and safety first aid regulations, first aid kits, accident records, RIDDOR and COSHH
- Burns	Burns, electrical burns, chemical burns, chemical burns to the eyes

*Automated External Defibrillator

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Certificate No: 431628-FA1 Version: V1

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