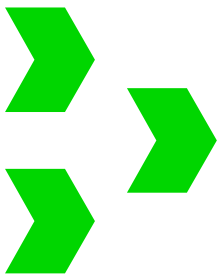
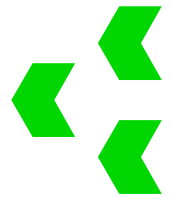


## iHASCO's online First Aid courses. Who needs what?



### IMPORTANT NOTE:

*The HSE supports the use of eLearning for first aid refresher training during COVID-19. Online training is particularly useful during the COVID-19 pandemic due to the backlog/ limited availability of face to face training, not to mention also preventing potential spread of the virus.*



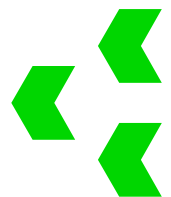
### IMPORTANT NOTE:

*To be able to give first aid a person **must** have a **practical** training qualification. The qualification expires after 3 years. However, 3 years is a VERY long time to remember all the details, so refreshers are an excellent recap, bridging the gap between practical sessions. Our courses are designed to be used either as an **introduction** to First Aid for someone about to go on a practical first aid course, or as **refreshers** for people who have completed practical training within the last 3 years.*



### IMPORTANT NOTE:

*The 'Recommended numbers of staff who need it', is the number that should be available at all times people are at work, so **days off** need to be covered.*



## First Aid Requirements and RIDDOR

### WHO IT'S FOR:

This course is for a manager (or HR) to decide what first aid provision is needed in their organisation. It includes details such as how to decide how many of each type of first aider they need and information about the training they require. It also explains what needs to be reported to RIDDOR.

## First Aid Appointed Person (FAAP)

### WHO IT'S FOR:

Anyone can be a First Aid Appointed Person. No practical training is required. Our training course explains what a first aid appointed person needs to know.

### RECOMMENDED NUMBERS OF STAFF WHO NEED IT:

LOW hazard areas = Fewer than 25 employees in that area = 1 FAAP.  
HIGHER hazard areas = Fewer than 5 employees in that area = 1 FAAP

## Emergency First Aid at Work Refresher (EFAW)

### WHO IT'S FOR:

This is for the person or people trained to deal with first aid emergencies – like giving CPR, or dealing with someone who is choking or in shock, or administering first aid for wounds, minor scalds and burns.

### RECOMMENDED NUMBERS OF STAFF WHO NEED IT:

LOW hazard areas – No of employees in that area = 25-50 = at least 1 EFAW.  
HIGHER hazard areas – No of employees in that area = 5 – 50 = at least 1 EFAW.

An Emergency First Aider requires less training than a full First Aider. Our **Emergency First Aid at Work Refresher** includes:

- Administering first aid on someone who is unconscious (incl. seizures)
- Giving CPR and rescue breaths
- Using an AED (automated external defibrillator)
- Choking
- Wounds and severe bleeding
- Shock
- Small cuts, grazes, bruises, splinters, minor burns and scalds

**Key differences to FAW course:** Doesn't include giving first aid for injuries to bones, muscles or joints (including spinal injuries), poisoning, anaphylactic shock, eye injuries or recognising major illness like, heart attacks, strokes, epilepsy, asthma or diabetes.

## First Aid at Work Refresher (FAW)

### WHO IT'S FOR:

This is for a FULL First Aider. They need to know everything an Emergency First Aider does but also all the things listed above.

### RECOMMENDED NUMBERS OF STAFF WHO NEED IT:

LOW hazard areas = No of employees in that area = 50+ = at least 1 FAW + 1 for every 100 employees (or part of).

HIGHER hazard areas = No of employees in that area = 50+ = at least 1 FAW + 1 for every 50 employees (or part of).

Our **First Aid at Work Refresher** is a comprehensive course. **The contents are the same as the above course, with an additional section to cover:**

- Injuries to bones, muscles and joints (incl. spinal injuries)
- Dislocations
- Chest injuries
- Eye injuries
- Poisoning
- Anaphylactic shock
- Heart attack
- Cardiac arrest

- Angina
- Stroke
- Epilepsy
- Asthma
- Diabetes

## First Aid for Infants & Babies Refresher (Paediatric)

### WHO IT'S FOR:

This course is designed as additional refresher training to be used alongside either the EFAW or FAW refresher training.  
Recommended numbers of staff who need it: it should be used in line with the requirements for EFAW and FAW.

### SIMILARITIES AND DIFFERENCES BETWEEN INFANT AND ADULT FIRST AID:

This course only covers first aid procedures which differ when used for an infant or baby – such as the recovery position, choking, giving CPR and using an AED on an infant or baby.

#### VERY IMPORTANT:



- *Our first aid courses are refreshers, to be used as an annual reminder of the essentials. They are NOT a replacement for practical training.*
- *Practical training is required every 3 years for someone to be a qualified first aider. But 3 years is a long time to wait! Hence our courses for the in-between years.*
- *All of the procedures in these courses were performed by an expert (paramedic)*

