BritishRedCross

FIRST AID

Certificate

This is to certify that

Jamie Pennill

has successfully completed the course

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.

Beatrice Butsana-Sita
Chief Executive

Valid from:	10 Apr 2026
Valid to:	09 Apr 2029
Certificate No:	F2785944

The power of kindness

BritishRedCross

FIRST AID

Name: Jamie Pennill

Course: First Aid at Work

Duration: 3 day(s)

Course Content

Day 1:
• Welcome and introduction.
• Dealing with an emergency (Assessing a casualty, monitoring a casualty, Where to get help, electrical incidents, lone worker).
• Unresponsive and breathing adult (How to open and maintain clear airways and special considerations suspected spinal injury).
• Heart attack
• Angina attack
• Unresponsive and not breathing adult (Unresponsive not breathing adult, face shields and pocket masks, mouth to nose).
• AED (Using an AED, chain of survival, safety considerations and after use)
• Choking adult.
• Seizures.

Day 2:
• Accident recording, reporting and COSHH (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).
• Harmful substances (Poisoning, swallowed, inhaled and injected harmful substances).
• Hygiene techniques.
• Bleeding and wounds (Bleeding heavily from a wound - bandaging {Limb, embedded object in a wound, scalp/head, palm of hand}, crush injuries, penetrating chest wounds, abdominal wounds, amputation, life-threatening bleeding, small blisters and splinters, small bruises and wounds, nosebleed, eye wounds, bites and stings)
• Shock (Shock and internal bleeding).

Day 3:
• Heat exhaustion (Heat exhaustion and dehydration).
• Heat stroke.
• Hypothermia.
• Diabetic emergency.
• Asthma.
• Severe allergic reaction.
• Stroke.
• Feeling faint.
• Head injury.
• Bone, muscle and joint injuries (Broken bones, dislocations, strains and sprains, spinal injury).

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