

This is to certify that

**J 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.



**Mike Adamson**  
Chief Executive

|                    |             |
|--------------------|-------------|
| <b>Valid from:</b> | 11 Jan 2023 |
| <b>Valid to:</b>   | 10 Jan 2026 |
| Certificate No:    | F2710361    |

**The power  
of kindness**

**Name:** J 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 (Unresponsive and breathing adult 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 (Use of an AED, chain of survival, safety considerations)

### Day 2:

- Choking adult.
- Heat exhaustion (Heat exhaustion and dehydration).
- Hypothermia.
- Seizures.
- 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 {Limb, embedded object in a wound, scalp/head})
- Shock (Shock and internal bleeding).

### Day 3:

- Bleeding and wounds (Bleeding heavily from a wound (Palm of hand), Crush injuries, penetrating chest wounds, abdominal wounds, amputation, small blisters and splinters, small bruises and wounds, nosebleed, eye wounds, bites and stings).
- Diabetic emergency.
- Asthma.
- Severe allergic reaction.
- Stroke.
- Feeling faint.
- Head injury.
- Bone, muscle and joint injuries (Broken bones, dislocations, strains and sprains, spinal injury).