

FIRST AID TRAINING

The Health & Safety (First Aid) Regulations 1981 requires employers to provide suitable first aid equipment, facilities and personnel to enable first aid to be given to employees in the event of them becoming ill or injured at work.

The personnel are only deemed suitable if they have undergone training on an HSE approved course appropriate to the workplace and received a valid certificate of competence. In some cases additional training is required in particular circumstances.

There will be two categories of certified first aid personnel. They are the *Emergency First Aide at Work* (EFAW) and the *First Aide at Work* and they have different training requirements. The number of each of the two categories required in each work area is determined by undertaking an appropriate assessment.

❖ **Emergency First Aide at Work (EFAW) - 1 Day Course**

For a candidate to hold the EFAW certificate they have to complete successfully the equivalent of 6 hours practical training. No final exam is undertaken. The trainer uses continuous assessment by observation during the course.

- Course will be provided over one day.
- Certificates last 3 years - a requalifying course must be successfully completed before expiry of the certificate for continuous cover.
- Annual refresher courses are strongly advised but not compulsory. Such courses occupy half a day.

❖ **First Aide at Work (FAW) - 3 day course**

For holding of a FAW certificate a candidate must successfully complete the equivalent of 18 contact hours, which includes the final practical assessment.

- Courses will be provided as 3 day courses or 1 day per week for 3 weeks.
- A certificate lasts 3 years.

❖ **Requalifying FAW - 2 day course**

Requalifying courses occupy 2 days and must be completed prior to the certificate expiring otherwise a full 3 day course must be redone for recertification. Annual refresher courses are strongly advised but not compulsory. They occupy half a day.