

## Appointed Person First Aid Training 4 hours

### Course Overview

This course can be adapted to suit a variety of audiences, and is ideal for the small business looking for a course to meet the requirements of the Health & Safety First Aid Regulations 1981 for an Appointed Person Course. The course is run over four hours to fit in around your work schedule, in a relaxed atmosphere to give confidence to the novice appointed person with lots of practical “hands-on” practice to build confidence.

### Who is this course for?

### Course Content:

The Theory of Resuscitation  
Incident Management  
Assessment & management of an unconscious casualty  
Basic Life Support  
Recovery Position  
CPR Practice  
Control of bleeding  
Burns and Scolds  
First Aid kits  
Recording and reporting



**Duration:** 4 hours

**Certification:** On successful completion of the course students will be awarded a First Aid Appointed Person certificate valid for 3 years. We do advise you attend our refresher course during this period to keep your skills up to date.

**Cost:** £325 for up to 12 delegates at your venue or join our many courses at hotel venues around the country for just £59 per person

**Additional information:** All course materials and full colour first aid handbook for each participant are provided. This course is subject to continuous assessment of participants throughout the day by our professional, fully qualified, first aid instructor. There is no final assessment required for this course. Delegates attending this course must bring a valid form of photographic I.D.

Ask about our discounts for multiple course bookings from our wide range of first aid and health and safety courses.

**OUR COURSES HAVE NO HIDDEN EXTRAS**

[www.aldersonfirstaidtraining.co.uk](http://www.aldersonfirstaidtraining.co.uk)

### Why our customers choose Alderson Training

We are a reliable and friendly company with many years' experience in delivering quality first aid training to businesses and organisations, however large or small across the UK.

We offer a range of flexible and cost effective training solutions to suit all types of businesses and organisations.

Our team of fully qualified and experienced instructors can come to you and deliver your group training course on site at a date and time to suit you.



**Contact our friendly office  
team to discuss your course  
requirements on  
01302 315010**

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