



Basic First Aid



CJO Safety

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Thousands of people every year suffer from various injuries at work which could have been easily minimised if a lot more people had known the basic principles of Basic First Aid.

This is not to replace any formal practical training, but provides an excellent guide to refreshing your knowledge and updating your skills as a first aider.

Who is this training for?

Do you need your workforce trained quickly but effectively in Basic First Aid? With impressive video presentations, great interactive games and a final exam where upon completion a certificate will be supplied, our course has just the thing!

What does the course cover?

This course will teach the priorities to take into consideration until the emergency services arrive. Such as Primary Survey, Secondary survey, CPR, the recovery position and much more.

What is the benefit to your business?

This will train your staff quickly and efficiently to learn the basic principles of Basic First and know how to deal with the unlikely situation of someone being critically ill. This will allow you staff to train at any time to suit your needs.



Video Presentations.

Interactive games.

Final exam - certificates provided.

“Surprisingly approximately 150,000 people could be saved each year if more people knew the basic skills of a first aider.”

HSE Executive

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