BritishRedCross

FIRST AID

Certificate

This is to certify that

Ian Townsend

has successfully completed the course

Emergency 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:	12 Jun 2026
Valid to:	11 Jun 2029
Certificate No:	E09166246

The power of kindness

BritishRedCross

FIRST AID

Name: Ian Townsend

Course: Emergency First Aid at Work

Duration: 1 day(s)

Course Content

- Dealing with an emergency (Assessing a casualty, monitoring a casualty, where to get help, electrical incidents).
- Unresponsive and breathing adult.
- Seizures.
- Unresponsive and not breathing adult (CPR, face shields and pocket masks, mouth to nose).
- AED (Use of an AED, chain of survival).
- Choking adult.
- Hygiene techniques.
- Bleeding and wounds – (Bleeding heavily from a wound {limb, embedded object in a wound}, life-threatening bleeding, small blisters and splinters, small bruises and wounds, nosebleed).
- Shock (Shock and internal bleeding).
- Burns and scalds.
- Accident recording, reporting and COSHH (Health and safety first aid regulations, first aid kits, accident records, RIDDOR and COSHH).

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