

First Aid at Height (Incorporating the HSE First Aid at Work syllabus)

Duration 5 days

Venue Lyon Equipment, Tebay, Cumbria

Course code LT19

Who is this course for?

This course aims to train those who may be involved in dealing with incidents and injuries in the workplace, where that workplace involves difficult or remote access. Successful candidates will be able to provide safe, prompt and effective first aid for casualties and in particular those who may require lengthy extrication, or be faced with long waits before they can be transferred to professional care.

Prerequisite

Due to the nature of the training, prior to attending this course candidates should ensure that they are medically fit and healthy. Pre-course familiarity with harnesses, lanyards and some knowledge of work at height techniques is necessary for course participants to gain maximum benefit from this challenging course. Candidates should have attained skills and knowledge in:-

1. Safety whilst working at heights
2. The use and care of equipment employed in working at heights

Some knowledge of first aid, vertical rescue equipment and techniques would be an advantage, but is not essential.

The minimum age of candidates is 18 years.

The course covers the full HSE First Aid at Work (FAW) syllabus and successful completion will include the issue of a FAW Certificate, valid for 3 years. It also meets the Emergency First Aider's requirements of BS 8454 and will be of particular interest to IRATA technicians, Emergency Service height rescue teams and aspiring IRATA Level 3 Supervisors.

In addition to covering the FAW syllabus, the course includes aspects of casualty care and extrication specific to the needs of a casualty injured whilst at height. The course itself has a very 'hands-on' bias, with most of the practical sessions taking place in our bespoke working at height training area. The course is delivered by our own HSE approved trainers and is independently assessed by HSE approved first aid assessors.

Candidates will cover the practicalities of diagnosis and recording of injuries, illnesses and conditions using primary and secondary survey systems and casualty-care cards. Once these diagnosis skills have been honed the course moves on to the management of wounds, trauma, illness and medical conditions. Application and use of basic first aid equipment and treatments and the use of cervical collars, immobilisation devices, spinal backboards and stretchers is included in additional complementary sessions. The use of oxygen is also considered along with bag and mask, oropharyngeal airways and suction systems. Each of these skills, including casualty extrication, will be applied and practised in a variety of at height situations.

Continued on reverse

Course Content

Day 1

Principles of first aid
First aid in the workplace and first aider responsibilities
Emergency Service capability and response
Anatomy and physiology review
Scene assessment
Primary and secondary surveys
Basic Life Support

Day 2

Trauma management:
Head, spinal, chest, pelvic, limb,
Wounds, bleeding, shock, burns,
Eye injury, foreign objects
Airway management, fracture management
Harness suspension, triage

Day 3

Major and minor illnesses & medical conditions
Heart attack, stroke
Hypothermia, hyperthermia, dehydration
Diabetes, poisons, bites, stings
Seizures
Scenario based practical exercises

Day 4

Casualty transportation issues
Practical skills consolidation
Individual First Aid at Work assessments

Day 5

Rescue from height techniques, including stretcher extrication
Extended care incident management
Group incident management assessments
Written test
Individual debriefs after completion

Assessment

The course assessment is by written test, individual practical assessments and continuous practical assessment by HSE approved Lyon staff.

Certification

A HSE FAW certificate will be issued to successful candidates. This certificate will be valid for 3 years. A separate certificate, specific to the 'at height' elements, will also be issued on successful completion of the course.

Full details of our first aid and insurance cover for trainees are available upon request.

Please see our course booking form for our training course terms and conditions.