

## First Aid at Work - 3 Days (College Certificate)

This **3-day First aid at work course** is suitable for people who might need to provide first aid by responding to a wide range of accidents, injuries and illnesses that they could encounter in their workplace.

Learners will develop the first aid skills and confidence to help someone who:

- is unresponsive and breathing
- is unresponsive and not breathing, including how to use an automated external defibrillator (AED)
- is choking
- is bleeding
- is suffering from shock
- has burns
- feels faint
- has been poisoned
- has a head injury
- has hypothermia or heat exhaustion
- has an injury to a bone, muscle or joint (including spinal injuries)

Learners will also be able to help a casualty who is having a:

- seizure
- heart attack, including the administration of aspirin
- angina attack
- stroke
- asthma attack
- severe allergic reaction
- diabetic emergency.

### COURSE DATES 2025/26

**Venue:** AM2 Centre, North Notts College Campus, Worksop S81 7HP

**Times:** 08.45 a.m. to 4.00 p.m.

**Course Fees: £250.00** Inclusive of Tuition, Course book and Certification

### DATES 2025

17 – 19 September

12 -14 November

10 -12 December

### Dates 2026

14 – 16 January

25 – 27 February

18 – 20 March

15 – 17 April

20 – 22 May

24 – 26 June

**PLEASE NOTE: We are able to offer this training course on customer's premises – subject to sufficient numbers.**

To book your place on the course please contact:

Tel: 01709 513148/01909 504747

Email: [businesstraining@rnn.ac.uk](mailto:businesstraining@rnn.ac.uk)