

Schedule 1 - First Aid at Work Training Course

A First Aid at Work training course (paragraph 1(a) of the Certificate) must:

- (1) not be less than 3 days (6 contact hours per day);
- (2) be completed within 10 weeks of its date of commencement; and
- (3) cover theoretical and practical work and include the following subjects:
 - (a) Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
 - (b) Use of available equipment
 - (c) The need for recording incidents and actions
 - (d) The importance of preventing cross infection
 - (e) Administer cardiopulmonary resuscitation
 - (f) Administer first aid to a casualty who is unconscious (including seizure)
 - (g) Administer first aid to a casualty who is choking
 - (h) Administer first aid to a casualty who is wounded and bleeding
 - (i) Administer first aid to a casualty who is suffering from shock
 - (j) Provide appropriate first aid for minor injuries
 - (k) Administer first aid to a casualty with:
 - (i) anaphylactic shock;
 - (ii) injuries to bones, muscles and joints, including suspected spinal injuries;
 - (iii) eye injuries;
 - (iv) burns and scalds;
 - (v) chest injuries;
 - (vi) sudden poisoning.
 - (l) Recognise major illness and provide appropriate first aid.

Schedule 2 - First Aid at Work Requalification Training Course

A First Aid at Work requalification training course (paragraph 1(b) of the Certificate) must:

- (1) not be less than 2 days (6 contact hours per day);
- (2) be completed within 6 weeks of its date of commencement; and
- (3) cover theoretical and practical training in any new first-aid methods and procedures and include revision of all subjects listed in paragraph (3) of Schedule 1.

Schedule 3 - Emergency First Aid at Work Training Course

An Emergency First Aid at Work training course (paragraph 1(c) of the Certificate) must:

- (1) not be less than 1 day (6 contact hours);
- (2) be completed within 4 weeks of its date of commencement; and
- (3) cover theoretical and practical work and include the subjects listed at (a) to (j) of paragraph (3) of Schedule 1.

Schedule 4 - Trainer Requirements

- (1) Training approved by the Certificate may only be given by a qualified trainer.
- (2) A person will be a qualified trainer for the purposes of these Schedules if he/she:
 - (a) has a current First Aid at Work certificate or a current NMC, GMC or HPC (Paramedic) Certificate together with evidence of current First Aid knowledge;
 - (b) has a formal teaching or training qualification; and/or
 - (c) can show that he/she:
 - (i) has regularly provided First Aid at Work and Emergency First Aid at Work training courses approved by the HSE during the previous three years; or
 - (ii) has conducted **at least two practical and two theoretical** first aid training sessions under the supervision of a qualified assessor in the last three years.

Schedule 5 - First Aid at Work Assessment

- (1) Assessments of individuals who have completed a First Aid at Work training course or a First Aid at Work requalification training course approved by the Certificate must be carried out by qualified assessors who have not been involved in the teaching of the particular training course being assessed.
- (2) A person will be a qualified assessor for the purposes of these Schedules if he/she:
 - (a) has a current First Aid at Work certificate, or a current NMC, GMC or HPC (Paramedic) Certificate together with evidence of current First Aid knowledge;
 - (b) has a formal assessing qualification; and/or
 - (c) can show that he/she:
 - (i) has regularly provided First Aid at Work assessments during the previous three years; or
 - (ii) has conducted **at least two practical and two theoretical** first aid assessments under the supervision of a qualified assessor in the last three years.

Schedule 6 - Emergency First Aid at Work Assessment

Individuals completing an Emergency First Aid at Work training course must be assessed by continuous assessment carried out by a person who is a qualified trainer within the meaning of paragraph (2) of Schedule 4.