

Emergency First Aid at Work

Qualsafe Level 3

**21 April 2026, 2 June 2026, 18 August 2026,
6 October 2026, 1 December 2026**

1 day course, 9.30am-4pm • £125

Employer Hub, Lancaster & Morecambe College

This short intensive one-day course covers all topics necessary to meet the Health and Safety Executive's requirements for Emergency First Aid at Work which complies with the Health and Safety (first Aid) Regulations 1981, including:

- The roles and responsibilities of an emergency first aider
- Assessing an incident
- Managing an unresponsive casualty
- CPR and defibrillation
- Recovery Position
- Choking
- Seizures
- Shock
- Wounds and bleeding
- Minor injuries
- Cuts, grazes and bruises
- Minor burns and scalds

For further information or to book a place contact:

employerhub@lmc.ac.uk or 01524 521292



TRAVEL
FIRST AID KIT