

First Aid Courses

Reasons why to choose courses with RLSS UK

- Our courses are available to all individuals and industries, are nationally recognised and are regulated
- Our courses help you comply with HSE's first aid at work regulations
- Continuous support and resources available during and after completing the course
- All profits are reinvested into providing water safety education and help save lives

Qualifications and Course Specifications

Valid for 3 years:

- Emergency First Aid at Work, 6 hours, all one day or over 3 weeks
- First Aid at Work, 18 hours, over 3 consecutive days or a maximum of 10 weeks
- Emergency Paediatric First Aid, 6 hours, all one day or over 3 weeks
- Paediatric First Aid, 12 hours, over 2 days or over 7 weeks

Valid for 2 years:

- Defibrillator (Automated External Defibrillator, AED) Programme, 4 hours, the same day
- Anaphylaxis Management, 4 hours, the same day

Courses comprise of practical work and theoretical classroom work, as well as a practical assessment on CPR and first aid.

We run courses every term of the academic year. Courses are available for enrolment by individuals, or courses can be scheduled on dates specifically requested for groups/organisations.

Pre-Requisites

Candidates must be a minimum of 16 years of age at the time of taking the assessment. No prior first aid knowledge is required.

Recommended For

Individuals and organisations. Maximum group size of 12 per course.

How to Choose

When deciding which course is right for you, a risk assessment should be performed; for example, some work environments and people within the environments may be more susceptible to a broader range of life-threatening injuries.

3-day first aid courses meet requirements of workplaces whereby more serious injuries are more likely to happen. Both emergency first aid (1 day) and first aid (3 days) courses include subjects such as managing external bleeding and recognising and assisting a casualty who is choking, whereas first aid (3 days) includes how to provide first aid to a casualty with a suspected major illness and suspected head and spinal injuries. If these more serious injuries are a greater risk in your workplace, then 3-day first aid is the choice for you. Similar principles can be applied to emergency paediatric first aid (1 day) and paediatric first aid (2 days). You may also like to read through First Aid Course FAQ's.

How to Book

Please email leisure@bloxhamschool.com to find upcoming dates, or to make a request to run a course for an organisation.