

6-Step Guide to Completing a First Aid Needs Assessment.

The [Health and Safety Executive](#) (HSE) require that employers have adequate and appropriate first aid arrangements in place. What 'adequate and appropriate' first aid arrangements are for your organisation will depend on the work and activities you do and where you do it.

HSE require that you consider your first aid requirements and train staff appropriately – this is called a First Aid Needs Assessment. This will determine both the first aid training and the first aid equipment you will need.

You're best placed to understand the nature of your work, so you should assess what your first aid needs are.

You must consider:

- the type of the work you do
- hazards and the likely risk of them causing harm
- the size of your workforce
- work patterns of your staff
- holiday and other absences of those who will be first aiders and appointed persons
- how spread out your site is, dispersal of staff (and members of the public on site)
- remote or difficult to access areas on site
- the history of accidents in your business

You might also need to consider:

- the needs of travelling, remote and lone workers
- how close your sites are to emergency medical services
- whether your employees work on shared or multi-occupancy sites
- first aid for non-employees including members of the public and students.
- support for someone who might be experiencing a mental health issue.

This document is a guide to help you undertake a first aid needs assessment – it is tailored to suit businesses that are doing less typical tasks or operating in more risky environments. It should be read in conjunction with the [HSE guidance](#).

The Tirio 6-Step Approach

The following approach is designed to allow you to undertake a first aid needs assessment in a structured way, to allow you to meet HSE's requirements and guidance. We have also provided a worked example to illustrate how an employer may undertake a needs assessment in a more complex workplace. Finally, there is a checklist that you can use to undertake your own 6 Step Needs Assessment – feel free to copy it for your own use.

Step 1. Who will you provide first aid cover for?

Employees: You must provide first aid cover for employees.

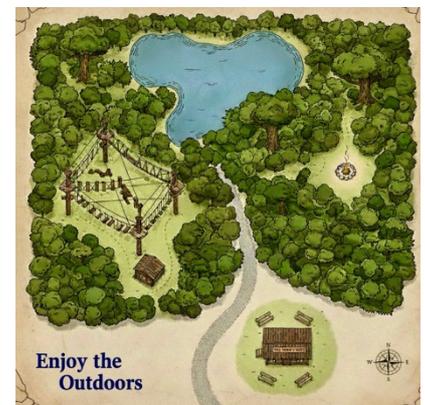
Customers, visitors and members of the public: There is no legal requirement to provide first aid cover for customers, visitors or members of the public, however HSE "strongly recommend" that you do so. Not providing first aid cover for members of the public may impact reputation and your ability to conduct work, provide services, or products while you wait for assistance to deal with an incident involving a member of the public.

Step 2. Where are the people you are providing first aid cover for?

Site layout:

You may work in a relatively constrained area, such as a shop, office or warehouse. In these locations you could consider the total number of persons together. Some people have dispersed sites where people can work and gather at discreet and separate locations. Such sites should consider being able to provide cover at each discreet location because sending a first aider from another location may not be practicable.

Example: A business "Enjoy the Outdoors Ltd" runs adventure, swimming and bushcraft activities for paying customers. The business has a small café at the entrance (area 1) which serves pre-prepared snacks and hot drinks, 700m to the east is a bushcraft activity site (area 2), 1000m to the north is an open water swimming lake (area 3) and a small ropes course lies 500m to the west (area 4). The business owner has chosen to provide cover for members of the public attending his site. Here they should consider each area as a potential separate needs assessment. As sending a first aider from 1 site to another could well be ineffective and may leave an area without essential safety staff should an incident occur.



Multi-site workers:

Some workers may have roles that require them to operate across a wide range of sites or locations. ⚠ Lone and remote workers require [specific risk assessments and additional training](#). Where this is the case, you may need to consider these roles specifically.

Example 1: In our business "Enjoy the Outdoors Ltd", the bushcraft instructors also manage the grounds. This requires them to potentially be exposed to a wider range of risks as they work in multiple locations.

✅ Consider all locations where work or activities take place and consider personnel with specific roles. You may require a Needs Assessment for each...

Step 3. What is the general level of risk associated with the site or role?

General site risks:

Some areas on a business site may be riskier than others and certain risks may demand a more immediate response.

Example 2. The risks in the café, are very different from the risks in the bushcraft area. A café is a typical business, and the risks are relatively well known and managed, therefore it will normally be classified as low risk, whereas bushcraft activities are more varied and there are paying customers using sharp tools, bows and arrows, foraging food and cooking on open fires. There are many more variables here and the risk of something going wrong may be more likely and could have severe consequences, therefore this would typically be classified as higher risk.



Step 4. Basic minimum cover levels.

Now we have an idea of the number of persons in each area or role and the approximate risk level faced, HSE stipulate some minimum cover levels:

LOW RISK Less than **25** persons = Min 1 Appointed person (1). Between **25 - 50** = Min 1 EFAW. More than **50** = Min 1 FAW per 100 or part thereof.

HIGHER RISK Less than **5** persons = Min 1 Appointed person (1). Between **5 - 50** = Min 1 EFAW or FAW. More than **50** = Min 1 FAW per 50 or part thereof.

First Aid at Work (FAW) (3) and Emergency First Aid at Work (EFAW) (2) Courses have standardised topics and are designed to meet the needs of more typical businesses. Other courses are often promoted by training providers, however, these are not standardised and so **YOU MUST** ensure that they meet your specific requirements...

⚠ These are bare minimums. However, they **MAY NOT** cover specific hazards faced by nontypical businesses. HSE requires you consider and provide for these too.

Step 5. What are the people you provide cover for doing and what hazards do they face?

Different roles = different risks:

✅ Consider what the roles are for the people you are providing first aid cover are. This should involve consulting your risk assessments and considering what accidents, illnesses and incident you have faced before.

For example: A café worker is likely to face burns and cuts, whereas a member of a maintenance team may be using powered tools such as chainsaws etc. and as such, may also face massive wounds. Staff or member of the public may also have underlying health issues, such as asthma, diabetes etc. Where you know about these you should provide training to deal with them.

For members of the public, we can anticipate what is reasonably likely. For instance, someone working with an angina sufferer's charity may well wish to consider dealing with angina and heart attacks. Whereas a mountain bike site is highly likely to face broken bones and wounds.

⚠ Any additional risks identified in your risk assessments or previous occurrences of injury and illness should be factored into the training need. Check your accident, incident and near miss records too!

⚠ The quality of your risk assessments is critical here. If you do not have adequate risk assessments, you will be unlikely to ensure you have the correct first aid provision in place.

✅ **Top Tip:** What do relevant professional bodies suggest is appropriate first aid training. For example, many adventures sport National Governing Bodies stipulate a minimum of 16 hrs training and assessment. Forestry related professional bodies (ie. FISA) stipulate Plus F training. **This isn't a replacement for a needs assessment** – but it's good way to understand some specific risks your team will be expected to deal with.

Step 6. Check the provider meets the needs of HSE and can cover the topics you require.

HSE provide clear guidance on what you should expect from a first aid training provider – this is contained in the [Geis 3 document](#). At Table 1 there is a handy checklist to help you show that you have assessed that the chosen provider is appropriate. All reputable providers will be able to provide you with a full breakdown of the answers to each section of the list.

⚠ Regulated or Unregulated: Many providers highlight that their qualifications are 'regulated', this means that they have been approved by Ofqual, however, the approval process and costs mean that these courses tend to focus on typical businesses and so organisations with more complex needs will not be covered by these 'regulated qualifications'. Unregulated qualifications do not mean 'poor quality', as the provider still must meet all the same requirements as the regulated awards, however they are able to cover more specialist topics and the needs of more complex business risks.

Top Tips and Things to Watch Out for...

✅ **Are they teaching good practice?** This can be hard to for a business to assess... For each topic the provider should reference either: The First Aid Voluntary Bodies such as **Red Cross** or **St Johns**; The **UK Resuscitation Council**, or; a sound body of medical opinion such as the **NHS, Royal College of Surgeons, British Medical Association** or similar professional medical body. This is especially important for topics not on the EFAW (2) or FAW (3) lists.

✅ **Do they meet the requirements of HSE?** Ask a prospective training provider to detail how they meet the needs of HSE (Table 1 in the Geis 3). Reputable providers will have these answers ready.

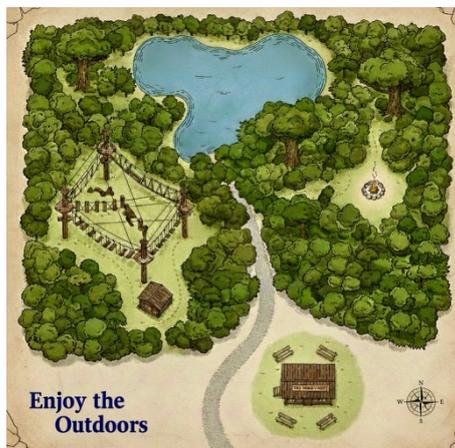
❗ **Quality Assurance (QA) is a key part of HSE's requirements.** Be wary of purely online QA processes, such as using social media to check on providers. Reputable providers will conduct face to face QA reviews with their instructors and assessors.

❗ **Beware of being taught 'fancy skills' and to use 'paramedic type' equipment:** Whilst learning about these things can be interesting, this isn't first aid and if you don't have access to this equipment then you probably don't need to know about it! More importantly, fancy skills and equipment need staff to have regular practice to remain competent, and all that equipment needs checking and maintaining!

❗ **Beware of online courses.** Whilst HSE do recognise the value of online learning, they stipulate that at least part of the course is conducted face to face, this includes assessments. Purely online courses may seem a cheap option, but they probably do not meet HSE's requirements.

A Worked Example...

Let's consider our imaginary business... **Enjoy the Outdoors Ltd.**



Step 1: The business owner has chosen to provide cover for members of the public, as not to do so would create a very negative image if an accident occurred. The owner also feels that not being able to respond to a customer emergency effectively may mean additional closure of products and facilities and therefore impact revenue.

Step 2: They have also recognised that their site is quite dispersed and has varying activities and risk. The owner asks, could the business use personnel from one area to provide first aid cover to other parts of the site? This would mean, either: leaving clients unsupervised whilst on activities - which would be unsafe, or; shutting down an activity so that clients are safe first, then sending the first aider, this would mean long delays in responding and loss of revenue from having multiple activities shut down. It seems to the owner that the best

choice is to look at each distinct area separately:

Breakdown of Each Site.

The Wren's Nest Café:

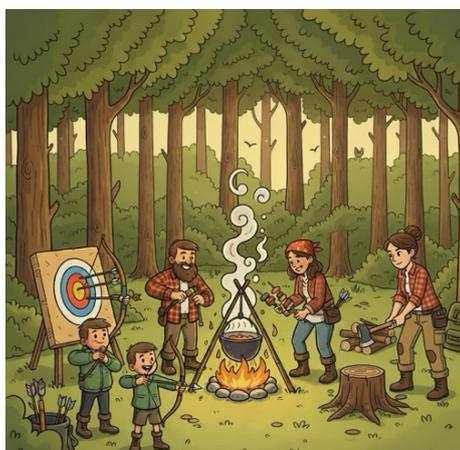
Step 3: The owner classifies the site as low risk.

Step 4: The café has 4 staff and up to 30 customers at once (total 34). The business owner classifies this as low risk (>25 = 1 EFAW at all times).

Step 5: However, they have faced several cases of severe allergies in the past – which isn't covered on a standard EFAW. The business owner identifies a need for additional training to cover this eventuality. The owner anticipates staff shifts, leave, illness etc. so has chosen 2 to train first aiders at EFAW level with additional anaphylaxis training. Alternatively, they could do a FAW course, as this covers all topics (3 days).



The Bushcraft Site:



Step 3: The owner classifies the site as high risk.

Step 4: The business employs 4 instructors in total. The bushcraft site is staffed by 2 instructors; the site has capacity for up to 20 paying customers (22 persons total). The activities include fire preparation and cooking, axe throwing, knife work, archery, foraging and shelter building. The instructors also double up as site maintenance personnel and are required to use chainsaw, strimmers etc to maintain the grounds. The business owner classes this as higher risk work. (>5 = Min 1 EFAW or FAW always available).

Step 5: Additional risks include: catastrophic bleeding (chainsaws, axes, knives) – this may need the team to be trained on haemostatic dressings and tourniquets, hypothermia (being outside), bad burns (open fires), penetrating wounds (archery), Lyme's disease (from ticks), poisoning (foraging), crush injuries (shelter building). The business owner consults professional body websites and sees that people typically do "Plus F" first aid training on top of a standard first aid qualification. In this case the owner deems that FAW (3) and Plus F (4) will cover all risks. To cater for absences etc the owner chooses to train 2 instructors as FAW with Plus F.

The Wild Swimming Lake:

Step 3: The business employs 6 staff at the lake; 4 staff are at the lake when it is open; there may be up to 50 customers in or around the lake. (Max 54).

Step 4: The business owner decides that the activity is higher risk, so (54 = Min 2 FAW (1 FAW per first 50 then 1 per part thereof = the additional 4)).

Step 5: Risk assessments highlight drowning and hypothermia as additional risks not covered by the FAW syllabus. They also have been made aware through professional bodies that cold water shock and sudden cardiac arrest are becoming common in cold water swimming. Therefore, the business owner seeks a first aid training provider to cover the FAW topics plus, drowning, hypothermia, cold water shock and sudden cardiac arrest in cold water. The business owner realises that he must maintain lifeguard cover whilst his team attend an incident, as people will still be in the water. So, to cater for this and absence etc. they choose to train 4 staff at the lake.



The Ropes Course:



Step 3: The business employs 4 staff to supervise the ropes course – 2 staff are always present. The ropes course can have up to 12 customers on it at any one time and there can be 12 customers waiting at the site (Max 26).

Step 4: The activity judged to be high risk. So, (>25 = Min 1 EFAW or FAW always available).

Step 5: In addition to the EFAW / FAW syllabus, the business owner checks the risk assessments that suggest: Falls from height (broken bones, spinal injury, head injuries), trapped fingers in pulleys (amputations), getting stuck on a ropeway (suspension trauma) and being outside in weather and winds (hypothermia). To cover for absence etc. the owner chooses to train all 4 staff at the ropes site.

Step 6: Choosing a Provider and Getting Training:

The business owner can see that the EFAW or FAW contents alone aren't sufficient to cover their needs. They have also checked other off-the-shelf courses that are being advertised, such as 'Outdoor First Aid' courses. However, these do not award the FAW qualification which many of their team need. By using regulated 'off the shelf' qualifications, the owner is unlikely to be able to meet the businesses first aid training needs assessment, even if staff complete multiple courses.

The business owner identifies an independent first aid training provider that meet the HSE requirements. The training provider creates a course based on the business owner's first aid needs assessment. The solution is a bespoke 3-day course that covers FAW, Plus F and the additional topics. As the stipulated course maximum is 12 persons, the owner elects to send all first aiders on the same course. This provides more redundancy as staff can cover other areas if required and undertaking a joint training course is good for team cohesion.

The training provider produces details of how they meet HSE requirements and a referenced syllabus. These are kept on file by the business owner.

Undertaking Your Own Needs Assessment:

Below is a check sheet to aid you in considering your needs, by completing it you will be better able to demonstrate that you are undertaking appropriate due diligence and complete a First Aid Needs Assessment. Complete the form and discuss your findings with your first aid provider. At Tirio we have fully compliant modules to meet all eventualities. We will also provide you with access to a fully referenced syllabus and auditable evidence of how we fully meet HSE's requirements.

<p>Step 1:</p> <p>Who are you providing first aid cover for? Employees <input type="checkbox"/> / Non-employees <input type="checkbox"/></p>			
<p>Step 2:</p> <p>Where are they located? Single location <input type="checkbox"/> / Multiple Locations <input type="checkbox"/> Specific roles <input type="checkbox"/> Size, scale and layout of site <input type="checkbox"/> Remoteness of site <input type="checkbox"/> Hard to access areas <input type="checkbox"/></p> <p>Location 1: _____ Location 2: _____ Location 3: _____ Location 4: _____ Location 5: _____.</p> <p>Complete a checklist for each location or role.</p>			
<p>Checklist for Location or Role: _____.</p>			
<p>Step 3:</p> <p>WHAT DEGREE OF HAZARD IS GENERALLY ASSOCIATED WITH YOUR WORK ACTIVITIES?</p> <p><input type="checkbox"/> Low hazard</p> <p>Examples:</p> <ul style="list-style-type: none"> • offices, • libraries, • schools (generally) <p><input type="checkbox"/> Medium hazard</p> <p>Examples:</p> <ul style="list-style-type: none"> • Catering 	<p>Step 4:</p> <p>HOW MANY PEOPLE ARE YOU PROVIDING FIRST AID FOR?</p> <p>In each separate work location or activity. Consider visitors</p> <p><input type="checkbox"/> LOW RISK</p> <p><input type="checkbox"/> Less than 25 Min 1 appointed person</p> <p><input type="checkbox"/> Between 25 - 50 Min 1 EFAW</p> <p><input type="checkbox"/> More than 50 Min 1 FAW per 100 or part thereof.</p>	<p>Step 5:</p> <p>ADDITIONAL FACTORS</p> <p>Irrespective of whether your workplace risk is low, medium or high, any of the factors in the list below will likely require you to increase your first-aid provision from the basic minimum</p> <p>Tick all that apply and make comments below as necessary</p> <p><input type="checkbox"/> History of previous accidents (think of number of accidents, cause and injury type)</p> <p>PEOPLE</p> <p><input type="checkbox"/> Lone working, working away from main premises (4)</p> <p><input type="checkbox"/> Shift work</p> <p><input type="checkbox"/> Working with children (under 18) (4) (7)</p> <p><input type="checkbox"/> Working with young children (under 12) (7)</p> <p><input type="checkbox"/> Contractors working on site</p> <p><input type="checkbox"/> Employees and/or visitors with disabilities</p> <p><input type="checkbox"/> Employees with existing health problems</p> <p><input type="checkbox"/> New and expectant mothers</p> <p><input type="checkbox"/> Young workers/ inexperienced workers (4)</p>	<p>Step 5:</p> <p>ADDITIONAL INFO (4)</p> <p>Children: For working with children, you should consider a Paediatric First Aid training. For schools and in education Ofsted etc. insist on specific paediatric training.</p> <p>Working Outdoors: Additional outdoor related first aid topics such as hypothermia, getting help in the outdoors, Lyme's disease etc. may be required if staff or clients are undertaking outside activities.</p> <p>Working In or By Water: Where working in or around water, the risks of drowning, hypothermia and contamination/infection related illness should be considered.</p>

<ul style="list-style-type: none"> • Workshops • Print unit • Using chemicals • Using machinery <p><input type="checkbox"/> Higher hazard</p> <p>Examples:</p> <ul style="list-style-type: none"> • Adventure Sports • Forestry, arb • Highways • Construction • Agriculture 	<p style="text-align: center;">HIGHER RISK</p> <p><input type="checkbox"/> Less than 5 Min 1 appointed person</p> <p><input type="checkbox"/> Between 5 - 50 Min 1 EFAW or FAW</p> <p><input type="checkbox"/> More than 50 Min 1 FAW per 50 or part thereof.</p>	<p><input type="checkbox"/> Working in remote locations, away from help (4)</p> <p><input type="checkbox"/> Sites with over 200 people. Martyn's Law? (4)</p> <p>TYPE OF WORK</p> <p><input type="checkbox"/> Outdoor working (4)</p> <p><input type="checkbox"/> Construction work (4)</p> <p><input type="checkbox"/> Agriculture, farming (4)</p> <p><input type="checkbox"/> Working at Height (4)</p> <p><input type="checkbox"/> Arb / tree surgery (4)</p> <p><input type="checkbox"/> Working in or around water (4)</p> <p><input type="checkbox"/> Catering, hospitality (4)</p> <p><input type="checkbox"/> Adventure Sports (4)</p> <p><input type="checkbox"/> Outdoor education (4)</p> <p><input type="checkbox"/> Forest Schools (4) (7)</p> <p><input type="checkbox"/> Overseas hot dry environment (4)</p> <p><input type="checkbox"/> Overseas cold environment (4)</p> <p><input type="checkbox"/> Overseas hot humid environment (4)</p> <p><input type="checkbox"/> Overseas water-based travel (4)</p> <p><input type="checkbox"/> Work at altitude (4)</p> <p>EQUIPMENT AND MATERIALS USED</p> <p><input type="checkbox"/> Heavy machinery, plant (4)</p> <p><input type="checkbox"/> Power tools: chainsaws, disc cutters, strimmers, etc. (4)</p> <p><input type="checkbox"/> Bladed tools: Axes, knives, machete, billhooks, etc. (4)</p> <p><input type="checkbox"/> Flammable materials / explosion / burns (4)</p> <p><input type="checkbox"/> Explosives, firearms, shotguns (4)</p> <p><input type="checkbox"/> Poisons (4)</p> <p><input type="checkbox"/> Off road vehicles (quads, pickups, tractors, etc.) (4)</p> <p><input type="checkbox"/> Acids / Alkalis / Caustic substances (4)</p> <p><input type="checkbox"/> Compressed gasses /explosion (4)</p> <p><input type="checkbox"/> Working with animals (4)</p> <p><input type="checkbox"/> Handling heavy loads / suspended loads (4)</p> <p>OTHER RISKS – POTENTIAL FOR:</p> <p><input type="checkbox"/> Burns, scalds</p> <p><input type="checkbox"/> Eye injury</p> <p><input type="checkbox"/> Chemical injury (4)</p> <p><input type="checkbox"/> Anaphylactic shock (4)</p> <p><input type="checkbox"/> Electric shock</p> <p><input type="checkbox"/> Medical conditions – such as diabetes, strokes, seizures (4)</p> <p><input type="checkbox"/> Fracture, joint injuries (4)</p> <p><input type="checkbox"/> Falls from height (4)</p> <p><input type="checkbox"/> High impact, large forces (4)</p>	<p>Work at Height: Where working at height, the complications of combining first aid and rescue should be considered. This will likely require an understanding of suspension trauma and its prevention.</p> <p>Lone and Remote Workers: Where staff are remote or are lone workers, your risk assessment should consider the need for them to each having first aid training.</p> <p>Martyn's Law: Sites with over 200 members of the public may need to consider the first aid aspects of Martyn's Law – this relates to triage in major incidents, dealing with traumatic injuries and providing support to the emergency services (Note: this need not cover the security aspects of the Law as this is better covered by specific training).</p> <p>Major Bleeds: Catastrophic bleeding or severe wounds may need the use of haemostatic dressings and tourniquets. Both require specific specialist training.</p> <p>Vehicles and heavy Machinery: Heavy plant and machinery can cause crush injuries, big wounds and amputations. Off road vehicles can roll and trap persons, causing significant trauma and crush injuries.</p> <p>Explosives and Firearms: Explosives and firearms can cause massive wounds and catastrophic bleeding.</p> <p>Visitors, Non-employees and Public: Working with the public can require knowledge of dealing with medical issues such as asthma, diabetes, strokes and seizures, etc.</p> <p>Speed Related Activities: high impact or falls from height can cause significant trauma and spinal injuries. Training in the specific handling of these patients is required.</p> <p>Catering: Catering and hospitality workers may need to have an awareness and ability to manage severe allergic reactions and anaphylaxis.</p> <p>Overseas and Travel Related Activities: Risks can be significant and extremely varied. Consult FCDO and Travel Health Pro.</p>
--	--	---	---

	<input type="checkbox"/> Catastrophic wounds (4) <input type="checkbox"/> Threats of, or actual violence (4) <input type="checkbox"/> Extreme heat (4) <input type="checkbox"/> Extreme cold (4) <input type="checkbox"/> Water contamination (4) <input type="checkbox"/> Stings or Bites from water organisms (4) <input type="checkbox"/> Stings or Bites from land-based organisms (4) <input type="checkbox"/> Overseas travel related illness (4) <input type="checkbox"/> Longer term or remote care (4) <input type="checkbox"/> Self-evacuation requirements <input type="checkbox"/> Plant based toxins (4) <input type="checkbox"/> Trench foot / frost bite (4) <input type="checkbox"/> Lightning strike (4) <input type="checkbox"/> Arc eye, photokeratitis, snow blindness (4) <input type="checkbox"/> Mental health or stress related issues (8) <input type="checkbox"/> Other specific risks (provide details in comments below)	<p>Chemicals / Poisoning: Activities involving chemicals can cause significant harm, ensure full and comprehensive COSHH assessments are in place; these will inform any specialist first aid requirements.</p> <p>Extremes of Temperature: Activities where persons can become extremely hot or cold will need additional training in how to effectively cool or warm a patient. This is especially important in the outdoors / overseas environments.</p>
--	---	---

Comments:

Use an additional sheet if required:

First Aider requirements for site:

Consider redundancy for illness, holidays, employees leaving, etc. Consider if a first aider leaving their post to attend an incident will leave others at risk.

Number of EFAW trained persons: ____ Number of FAW trained persons: ____ Number of Plus F trained persons: ____

Additional topics required (see checklist step 5 above) plus list any additional risks below:

Step 6:

Check Training Provider Meets Requirements of HSE.

Training Provider provides satisfactory answers to HSE Geis 3 Table 1.

Where topics requested deviate from EFAW or FAW they are taught to appropriate guidelines.

Check certificates meet HSE guidelines.

Record and file all checklists and correspondence from first aid provider.

Explanatory Notes:

(1) Appointed Person	<p>In exceptional circumstances there may be some workplaces that are low risk with low number of staff whereby the Manager may deem a trained first aider as not being required. In these instances, an Appointed Person may be appointed.</p> <p>⚠️ Even in small, low-hazard areas where first aiders are considered unnecessary, there is always the possibility of an accident or sudden illness so someone must always be available to take charge of the arrangements (i.e. equipment and facilities) and call the emergency service.</p>
(2) Emergency First Aid at Work (EFAW)	<p>The EFAW course content is stipulated by HSE and must be a minimum of 6 hours with face-to-face assessment. It must contain the following:</p> <ul style="list-style-type: none"> - the importance of preventing cross-infection; - the need for recording incidents and actions; - use of available equipment; - assess the situation and circumstances in order to act safely, promptly and effectively in an emergency; - administer first aid to a casualty who is unconscious (including seizure); - administer cardiopulmonary resuscitation and use of an automated external defibrillator; - administer first aid to a casualty who is choking; - administer first aid to a casualty who is wounded and bleeding; - administer first aid to a casualty who is suffering from shock; - provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters).
(3) First Aid at Work (FAW)	<p>The FAW course content is stipulated by HSE and must be a minimum of 18 hours over 3 days, with face-to-face assessment. It must contain the contents of EFAW plus the following:</p> <ul style="list-style-type: none"> - administer first aid to a casualty with: – injuries to bones, muscles and joints, including suspected spinal injuries; – chest injuries; – burns and scalds; – eye injuries; – sudden poisoning; – anaphylactic shock; - recognise the presence of major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma, diabetes).
(5) Outdoor First Aid	<p>Outdoor First Aid Courses typically run over 16 hours (2 days) and may cover the EFAW syllabus (this should be explicitly stated on the certificate). The commonly cover topics such as:</p> <ul style="list-style-type: none"> - the importance of preventing cross-infection; - recording - use of first aid equipment; - assess the situation in order to act safely and effectively in an emergency; - casualty who is unconscious (including seizure); - cardiopulmonary resuscitation and use of an automated external defibrillator; - casualty who is choking; - casualty who is wounded and bleeding; - casualty who is suffering from shock; - broken bones - chest injuries - head injuries - hypothermia - wounds - spinal injuries - minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters). <p>⚠️ Syllabi vary significantly between providers so you must check the topics covered meet your needs.</p>
(6) Plus F	<p>Workers in Forestry related activities (such as Arborists, landscaping, agriculture, bushcraft) should consider a Plus F annotation which covers those requirements set down by FISA. This covers additional topics like: Major bleeds, remote working, hypothermia, Lyme's disease, etc.</p> <p>⚠️ The time taken to teach these topics must be in addition to the HSE stated minimums for EFAW (6 Hrs) and FAW (8 Hrs over 3 Days)</p>
(7) Paediatric first aid	<p>Paediatric first aid is a requirement of the Early Years Statutory Framework: foundation stage classes in nursery, infant and primary schools must have current paediatric first aid trained personnel on the premises when children are present. They must also accompany children on any off-site visits/trips.</p>
(8) Mental Health	<p>⚠️ Employers must consider the mental health of their employees. Dealing with first aid can be very traumatic so first aiders may need additional support and training.</p>