



## FIRST AID AT WORK COURSE (3 DAYS)

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### Fiche technique

A worker has been injured or feels faint in the workplace: what should you do to help? While waiting for the emergency services, the first aider is the first link in the emergency chain. Become a first aider: learn the basics of first aid and strengthen your ability and confidence to act in emergency situations.

3-day First aid at work course allows the workers to acquire the required knowledge and competencies in accordance with the Code on Well-Being at Work of April 28th 2017, Book 1st, title 5 "First Aid".

#### **Objectives :**

- To know your role as a First Aider in the workplace.
- To assess the situation, the severity of a discomfort or an injury and the need to call medical assistance.
- To maintain vital functions and provide adequate first aid assistance in a life-threatening situation, recognize a serious medical condition or injury.

#### **Content :**

The first aid at work course is organised by the Belgian Red Cross as an accredited company by SPF Employment, Labor, and Social Consultation.

3-day course (consecutive or not), 18 hours of theory and practice:

- Legal framework
- Essential rules of first aid (call 112)
- Control of vital functions
- Cardiopulmonary resuscitation and defibrillation
- Recovery position, Rollover technique
- Bleeding heavily
- Choking
- Having a seizure

- Respiratory distress
- Neurological disorders
- Head/Spine trauma and limbs injuries
- Feeling faint
- Serious wounds
- Severe burns
- Poisoning
- First Aid Kit

At the end of the course, after completing the training and successfully validating their First Aid knowledge, participants will receive a first aid certificate. The validity period of this certification is linked to the annual refresher course of minimum 4 hours

## En pratique

**Audience :** Everyone who wants to become a first aider at work.

Group from 4 to 12 participants maximum.

**Methodology :** Role plays with make-up, hands-on exercises, group exercises, reflection/discussion

**Organisation :**

- Inter-enterprises: on premises reserved by the Belgian Red Cross
- Intra-enterprises: within your company or in one of our rooms

A room of min. 30m<sup>2</sup>, without tables fixed on the ground, furnished with a beamer, a whiteboard (screen or white wall), and a flipchart. If possible, a parking slot will be provided for our instructor

**Pricing :**

- Inter-enterprises – Price per participant (max. 4 participants from the same company): 395,00€
- Intra-enterprises - fixed price for a group of min. 4 and max. 12 participants: 3.750,00€

**Practical information** to organize your training: [here](#)

**General terms :** [here](#)

**Privacy policy :** [here](#)

**Any question?** Check out our [FAQ](#) or contact us: [formipro@croix-rouge.be](mailto:formipro@croix-rouge.be) / 081.771.300

We are available from Monday to Friday, 8:00 to 12:30 and 13:30 to 17:00.