



First aid at work - Initial training (2 days)

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.

The First aid at work -Initial training in 2 days enables employees to acquire the knowledge and core skills required under the Belgian Code on Well-Being at Work.

Objectives

- Understand your role as a First Aider in the workplace.
- Assess the severity of the situation and determine whether emergency services are needed or not.
- Support vital functions and provide adequate first aid in a life-threatening situation, recognize a serious medical condition or injury

Content

This training is organised by the Belgian Red Cross as an accredited company by SPF Employment, Labor and Social Dialogue.

The course consists of two full days (consecutive or not) - 15 hiyrs of theoretical and practical training, covering:

- Legal framework
- Basic rules for first aid (112 call)
- Control of vital functions
- Cardiopulmonary resuscitation (CPR) and defibrillation
- Recovery position, rollover technique
- Severe bleeding
- Choking
- Chest pain
- Respiratory distress
- Neurological problems
- Head/Spinal /limbs injuries
- Feeling unwell
- Serious wounds
- Serious burns
- Poisoning
- First Aid Kit

Upon successful completion of the continuous assessment, participants will receive their First Aid Certificate. The validity of this certificate is subject to the completion of an annual refresher training course of at least 4 hours.

Methodology

- Role plays with make-up
- Practical exercises
- Group activities
- Discussions and exchange

Audience

Everyone who wants to become a first aider at work.
Group from 4 to 12 participants.

Organisation

- Inter-company sessions: in venues booked by the Belgian Red Cross for individual registration
- In-company sessions: organised either on-site for a group or in one of our training rooms:
 - Min. 40m² room, free of fixed furniture, equipped with a projector, a projector screen (screen or white wall), and a flip chart. Where possible, a parking space should be provided for the trainer.

Pricing

- Inter-company sessions - price per individual registration (max 4 from the same organisation): € 270.00 per person
- In-company sessions: Fixed price for a group of min. 4 and max. 12 participants: € 2.369,00

Any questions? Contact us on 081 771 300
(Monday to Friday, 8am to 12.30pm and 1.30pm to 5pm) or send us
an e-mail to formipro@croix-rouge.be and we'll get back to you.