



First aid at work course (3 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.

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 provided by the Belgian Red Cross as an accredited company by SPF Employment, Labor and Social Consultation.

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

- Legal framework
- Essential intervention rules (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 course 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.

Methodology

- Role plays
- Hands-on exercises
- Group exercises
- Reflection/Discussion

Audience

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

Organisation

- Inter-enterprises: session in facilities reserved by the Belgian Red Cross for individual registration
- Intra-enterprise: session within your organisation or in one of our rooms for a group:
→ Min. 40m² room, 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 from the same company): 395,00€
→ Check our availabilities on [First aid at work course](#)
- Intra-enterprise – Fixed price for a group of min. 4 and max. 12 participants: 3.750,00€

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.