

# FIRST AID AT HEIGHT

## RECOMMENDED FOR:

Any person who, as part of their work task at height, may be designated the responsible person for First Aid Emergencies. This is also a basic qualification for all persons working at height to improve their First Aid skills in an unfamiliar environment at height.

## COURSE OBJECTIVE:

To provide the candidate with the basic knowledge to deal with most emergencies at height involving First Aid. It will allow the candidate to take charge of basic incidents should the need arise through illness or injury.

## COURSE CONTENT:

- First Aid methods and updates
- Hazards when dealing with casualties at height
- Emergency procedures
- Use of defibrillators
- Rescue systems and equipment
- Medical scenarios to include seizures, epilepsy, airway management, recovery position, signs and symptoms of a heart attack, treatment for Myocardial Infarction, use of defibrillators, catastrophic bleed, signs, symptoms and treatment for shock and casualty monitoring
- Use of all general First Aid kit equipment

## SKILL BASE:

- To understand emergency procedures and how to implement them
- Dealing with First Aid at height
- Able to deal with hazards when working at height with a casualty
- To be competent in the use of a defibrillator
- To understand simple rescue systems
- To be able to deal with several medical emergency situations as listed above
- To be able to use and adapt the equipment within a simple First Aid kit
- To be able to take charge of a casualty at height and deliver basic First Aid skills

## COURSE REQUIREMENTS:

All persons will be expected to hold a valid Working at Height certificate (available separately) as the course will involve practical First Aid skills whilst at height. All candidates must hold a reasonable level of fitness and be able to climb certain structures.

**MEDICAL REQUIREMENTS:**

A statement of medical fitness must be signed prior to starting the course. A reasonable level of fitness will be required to complete the practical element of this course.

**COURSE INFORMATION:**

- Valid for 3 years
- Duration of the training course is 1 day