

EMERGENCY FIRST AID AT WORK (LEVEL 3)

WEDNESDAY 15 OCTOBER 2025 – 09:00– 16:00

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| Registration: | 08:30 |
| Venue: | Queens Hotel, Meyrick Road, Bournemouth, Dorset BH13DL |
| Parking: | There is complimentary parking at the hotel, available on a first-come, first-served basis. Alternatively, delegates can park in the nearby Carlton Hotel and pay on arrival - the entrance to the car park is in Grove Road. Also, road parking is available nearby. |
| Cost: | £130 Solicitor Member; Associate Member; Trainees (Solicitor, Cilex & Apprentices) £160 Non Member of BDLS to include refreshments and lunch |
| Booking Reference: | 652 |
| CPD: | 5 |

The Health and Safety (First Aid) Regulations 1981 require employers to provide adequate and appropriate equipment, facilities and personnel to ensure their employees receive immediate attention if they are injured or taken ill at work. HSE regulations allow smaller organisations/low risk working environments to have first aiders trained at “emergency protocols” only. This course focuses on adult protocols and is accredited by TQUK, who are regulated by OFQUAL <https://www.tquk.org/>

Syllabus

- Understand the role and responsibilities of the first aider
- Be able to assess an emergency situation safely
- Be able to provide first aid for casualty who is unresponsive and breathing normally
- Be able to provide first aid for a casualty who is suffering a seizure
- Be able to provide first aid for a casualty who is unresponsive and not breathing normally
- Be able to place AED pads correctly
- Understand how to provide first aid to a casualty who is suffering from shock
- Be able to provide first aid to a casualty with external bleeding
- Be able to manage a casualty with a minor injury
- Be able to recognise a casualty who is choking
- Be able to manage a casualty with minor burns and scalds

Trainer:

This course is provided by Green Cross Global, health, safety and first aid training providers
www.greencrossglobal.co.uk

Please book online at:

<https://www.bournemouthlaw.com/bournemouth-district-law-society-lectures>

Course Notes: For environmental reasons, BDLS will no longer be providing printed course notes at lectures. Lecture notes will be emailed to delegates in advance for either printing or accessing via their laptop or alternative device on the day.

Payment for lectures: Please be aware that payment must be received at the office **before** the lecture takes place. Course bookings will only be confirmed upon payment. All payments are to be paid by BACS. No refunds within 7 days of the course.