TRAINING COURSE

15 TO 17 DECEMBER 2026 · SLSGB HQ, EXETER

First Aid at Work

Ready for anything this season.

A practical, friendly, hands-on course that gives you the skills and confidence to help someone who is injured or taken ill at work, until the emergency services arrive.

FORMAT	SYLLABUS	EXPERIENCE	CERTIFICATE
Three days, hands-on	Follows the HSE First Aid at Work syllabus	None needed	Valid for 3 years

About the course

Every workplace needs people who stay calm and know what to do when someone is hurt or taken ill. First Aid at Work gives you those skills, with plenty of time to practise them until they feel natural.

The course follows the HSE First Aid at Work syllabus, so employers can use it to meet their duties under the Health and Safety (First-Aid) Regulations 1981. It is taught by a qualified member of the SLSGB Clinical Advisory Group.

With the busiest weeks of the year ahead, it is a good time to make sure your team is trained and ready. Every place booked also supports Surf Life Saving GB's lifesaving work.

Who it is for

- Appointed first aiders in offices, shops, schools, councils, charities, sites and every kind of workplace
- Employers, HR and health and safety leads who need to train or requalify first aiders
- Anyone who wants a full workplace first aid certificate
- You need to be 16 or over and able to attend all three days

Three days, step by step

Each day builds on the one before. You practise every skill on manikins and with each other, in a small, supportive group.

DAY 1 · TUE 15 DEC

The essentials

Assessing an incident, CPR and defibrillators, choking, bleeding and shock.

The core lifesaving skills

DAY 2 · WED 16 DEC

Injuries

Head, spinal and chest injuries, broken bones, burns, and CPR for babies and children.

Dealing with injuries at work

DAY 3 · THU 17 DEC

Illness

Heart attack, stroke, asthma, diabetes, allergic reactions, seizures and mental health.

Recognising and helping with illness

How you learn

Short demonstrations introduce each skill, then you practise on manikins, training defibrillators and with each other. Groups are small, up to 12 people, so everyone gets plenty of hands-on time. Nobody is expected to get it perfect first time.

What each day covers

Every day runs from 09:00 to 16:45, with breaks and lunch. The order of topics may change a little on the day.

1 The essentials

Tuesday 15 December

Morning	Welcome. The role of the first aider and the rules on first aid at work
	Assessing an incident safely, the primary survey and calling 999
	The recovery position, then adult CPR and using a defibrillator
Afternoon	Choking in adults
	Seizures
	Serious bleeding and shock, and minor injuries, with dressing practice

2 Injuries

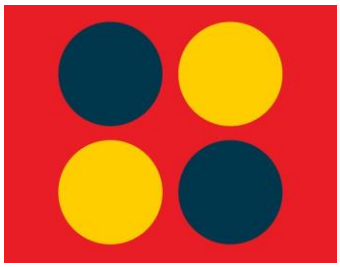
Wednesday 16 December

Morning	Recap of Day 1. The secondary survey and handing over to the emergency services
	CPR and choking for babies and children
Afternoon	Broken bones, sprains and dislocations
	Head, spinal and chest injuries
	Burns and scalds

3 Illness

Thursday 17 December

Morning	Recap of Day 2. Eye injuries and poisoning
	Severe allergic reactions, heart attack and stroke
	Asthma, epilepsy and diabetes, and illness caused by heat and cold
Afternoon	Supporting someone with their mental health
	Multiple-choice paper and realistic assessment scenarios
	Results, feedback and next steps



What to bring

Comfortable clothes you can kneel and move around in, lunch (tea, coffee and water are provided), and any glasses, inhalers or medicines you need. Let us know before the course if you need any adjustments.

Assessment and your certificate

You are assessed as you go, through practical checks, a CPR score using feedback manikins, a short multiple-choice paper and realistic scenarios on the last afternoon. Your trainer supports you throughout.

When you pass, you receive a Surf Life Saving GB **First Aid at Work certificate**, valid for 3 years. HSE recommends a short refresher each year in between.

Course details

Dates	Tuesday 15 to Thursday 17 December 2026
Times	09:00 to 16:45 each day
Venue	SLSGB HQ, Buckland House, Park 5, Harrier Way, Sowton, Exeter EX2 7HU
Group size	Up to 12 people
Who can book	Anyone aged 16 or over. No experience needed
Book by	Friday 4 December 2026

By the end you will be able to

- Assess an incident and give CPR with a defibrillator
- Help someone who is choking, bleeding or in shock
- Deal with injuries such as broken bones and burns
- Recognise serious illness and know what to do
- Hand over clearly to the emergency services

Price

Option	Price	With VAT
First Aid at Work, 3 days	£325 + VAT	**£390**

We can invoice your organisation. Training a team? We can run an in-house course for up to 12 people at your workplace on dates that suit you.

Questions

Do I need any experience?

No. We start from the beginning.

Can my employer pay?

Yes. We can invoice your organisation, with a purchase order number if needed.

Does it follow the HSE syllabus?

Yes. It follows the HSE First Aid at Work syllabus.

Book your place

Email **mail@slsgb.org.uk** and we'll send you the booking form.

Questions? Call 01392 369111. Bookings close on Friday 4 December.