

This is to certify that

Rachel Padden

has successfully completed the course

Emergency First Aid At Work

with the British Red Cross

Training has been delivered in accordance with currently accepted first aid practice. Certificate issued for the purpose of the Health and Safety (first aid) Regulations (1981) and Health and Safety (first aid) (amendment) Regulations (Northern Ireland) 2017.



Mike Adamson
Chief Executive

Valid from:	30 Aug 2022
Valid to:	29 Aug 2025
Certificate No:	E091578

**The power
of kindness**

Name: Rachel Padden

Course: Emergency First Aid At Work

Duration: 1 day(s)

Course Content

- Dealing with an emergency (Assessing a casualty, monitoring a casualty, Where to get help, electrical incidents.)
- Shock (Shock and internal bleeding).
- Burns (Burns, electrical burns, chemical burns, chemical burns to the eyes).
- Seizures.
- Unresponsive and not breathing adult (Unresponsive not breathing adult, face shields and pocket masks, mouth to nose).
- AED (Use of an AED, chain of survival)
- Choking adult.
- Accident recording, reporting and COSHH (Health and safety first aid regulations, First aid kits, accident records, RIDDOR and COSHH).
- Hygiene techniques.
- Bleeding and wounds - (Bleeding heavily from a wound {Limb, embedded object in a wound} small blisters and splinters, small bruises and wounds, nosebleed).