

Francesca Kathleen Foreman

Has achieved the required standards of competence in:

HSE Compliant Emergency First Aid

Certificate Issue Date: 31/07/2024

HSE Recommended updates 12 & 24 months from issue date

All of our courses include training in Adult, Child and Baby Basic Life Support and using an AED

Certificate Valid for Three Years from Issue Date

Certificate Reference: 6332675

This course has been delivered in accordance with currently accepted First Aid practice. If this certificate is being used for the purposes of complying with the Health and Safety (First Aid) Regulations 1981 it is the responsibility of the employer to ensure that the contents (as seen overleaf) are in line with their assessment of First Aid needs.
For all paediatric first aid courses, the content has been curated in line with Ofsted regulations.

Authorised by



Tracey Dangerfield
CEO, SkillBase First Aid



What's covered on your course

	First Aid at Work	First Aid at Work Requalification	Emergency First Aid	Emergency First Aid at Schools	Emergency First Aid for Pharmacists	Emergency First Aid for Professional Drivers	Paediatric First Aid	Emergency Paediatric First Aid	Foundation First Aid	Basic Life Support	Action for Anaphylaxis	Activity First Aid	Forestry First Aid (+F Additional Upskilling)
Learning Hours	18	12	6	6	7	7	12	6	4	2.5	3	12	2
Emergency Plan	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Getting Help Effectively	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Adult Basic Life Support (CPR)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Baby & Child Basic Life Support (CPR)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Baby & Child CPR (Further Modifications)				✓			✓	✓		✓	✓		
Hygiene	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Head, Neck & Back Injuries	✓	✓	✓		✓	✓	✓					✓	
Breathing Problems	✓	✓					✓					✓	
Choking Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Choking Baby & Child	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Using a Defib (AED)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Asthma	✓	✓		✓	✓		✓	✓				✓	
Panic Attack	✓	✓			✓		✓					✓	
Drowning	✓	✓					✓					✓	
Smoke / Fume Inhalation	✓	✓					✓					✓	
Anaphylaxis & Using an AAI (Epipen)	✓	✓		✓	✓		✓	✓			✓	✓	
Unconsciousness & Seizures	✓	✓	✓	✓	✓	✓	✓	✓				✓	
Recovery Position	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	
Multiple Casualty Incidents	✓												
Heart Attacks & Angina	✓	✓			✓	✓						✓	
Shock & Fainting	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	
Hypovolemic Shock	✓	✓				✓	✓					✓	✓
Electric Shock	✓	✓			✓		✓					✓	
Minor Wounds	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓
Major Wounds & Amputations	✓	✓										✓	✓
Catastrophic Bleeding													✓
Internal Bleeding	✓												
Crushing Injuries	✓	✓										✓	✓
Burns	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	
Bones, Muscles & Joints	✓	✓	✓	✓	✓	✓	✓	✓				✓	
Concussion & Compression	✓	✓			✓	✓	✓					✓	
Strokes	✓	✓											
Minor & Major Seizures	✓	✓					✓					✓	
Febrile Convulsions							✓						
Sudden Poisoning	✓	✓			✓		✓					✓	
Sepsis	✓	✓					✓						
Meningitis	✓	✓					✓						
Diabetes	✓	✓			✓		✓						
Effects of Temperature	✓	✓					✓					✓	✓
First Aid Kits	✓	✓	✓	✓	✓		✓	✓				✓	
Accident Reporting	✓	✓	✓	✓	✓	✓	✓	✓				✓	
Croup & Sickle Cell							✓						
Insect Stings & Bites	✓	✓					✓					✓	✓
Snake, Spider, Tick Bites & Lyme Disease													✓