



Changes to Health & Safety First Aid at Work Regulations

The new First Aid at Work Guidelines for Employers from the Health and Safety Executive are effective from 1st October 2009. The new type of first aid needs assessment will identify what type of first aid training your first aiders will need, how many first aiders you need and where they should be located.

- **Emergency First Aider at Work (EFAW) – 6 hour course**
- **First Aider at Work (FAW) – 18 hour course**

You should ensure that your first aiders are trained to deal with the injuries and illness that could occur. The table below will help you match your requirements to the most appropriate course:

What Emergencies are First Aiders Trained to Deal With?			
	EFAW = Emergency First Aid at Work (6 hour course) FAW = First Aid at Work (18 hour course)	EFAW 6 Hours	FAW 18 hours
Acting safely, promptly and effectively in an emergency		■	■
Cardio Pulmonary Resuscitation (CPR)		■	■
Treating an unconscious casualty (including seizure)		■	■
Choking		■	■
Wounds and bleeding		■	■
Shock		■	■
Minor injuries		■	■
Preventing cross infection, recording incidents and actions and the use of available equipment		■	■
Fractures			■
Sprains and strains			■
Spinal injuries			■
Chest injuries			■
Severe burns and scalds			■
Eye injuries			■
Poisoning			■
Anaphylaxis			■
Heart attack			■
Stroke			■
Epilepsy			■
Asthma			■
Diabetes			■

These topics are **not** covered on the EFAW course, so if any of these injuries or illnesses could occur, a full First Aider at Work should be provided.

Extra, specialised training and provision may be needed for hazards such as chemicals, dangerous machinery, working in confined spaces etc.

You should also consider the possible illnesses that could occur in the workplace and ensure you have adequate provision.

The Organisation’s History of Accidents and Illness. You should look at the organisations history of accidents and illness to try and identify any needs or trends that may influence the location or type of first aider. Different levels of provision may be required in different areas of the workplace.

Work Patterns Such as Shift Work. Adequate first aid cover should be available whenever people are at work. There may be circumstances when a higher level of cover is needed when less people are at work, such as overnight maintenance work in a normally low risk environment.

Annual leave and other foreseeable absences. You should ensure that adequate first aid cover is available at all times, including when a first aider is on annual leave, a training course, a lunch break or other foreseeable absences. This generally means that workplaces need more than one first aider to ensure that cover is maintained.

If your first aid needs assessment identifies the need for a ‘First Aider at Work’ (18 hour course), it is not acceptable to provide an ‘Emergency First Aider at Work’ (6 hour course) to cover foreseeable absences. You should also consider what cover is needed for non-planned absences such as sick leave.

For more information on workplace risk assessments contact P & K Training Services or visit the HSE website: www.hse.uk