

Our First Aid courses

The Training Centre offers a range of first aid courses that are regulated by the Health and Safety Executive (HSE) in the UK and follow the guidelines of the European Resuscitation Council. Certificates from all of the courses below are valid for three years. The maximum ratio of instructors to students is 1:12 and all our courses are highly practical, giving lots of opportunity for hands-on practice relevant to the context in which you may use the training.

Choosing a course:

A course should be chosen based primarily on the reason why you wish to undertake the training. Regulated courses have specific syllabi and, due to time constraints, these cannot be veered from to any great extent, although our instructors will always make time to answer related questions.

If you wish to undertake first aid training but it is not a requirement of your work then it is worth considering asking us to create a custom course for you as it can be designed to meet your exact requirements.

If you are undertaking first aid training as a requirement of your work then you should check what requirements your employers and any relevant insurance or qualification bodies have. For example, most outdoor activity national governing body awards require a minimum of 16 hours of training, so a 1-day course would not be appropriate.

We are more than happy to advise on what course might be most appropriate for your needs, please contact us at info@thetrainingcentre.pt if you need further advice.

Our 1-day courses:

We offer three different regulated 1-day first aid courses. The introductory course is the **Basic Life Support (BLS)** course which focuses on serious life-threatening cardiac and respiratory problems which require emergency medical treatment.

The **Emergency First Aid at Work (EFAW)** course is appropriate to be a named first aider in a workplace that is considered low risk (eg office or retail spaces), which is reasonably accessible for emergency services. It covers all material in BLS in more depth plus additional conditions such as seizures and shock and specific courses are available with syllabi tailored to teachers and professional drivers.

The **Emergency Outdoor First Aid Course** is designed to include all information in the EFAW course, but in higher risk settings or where emergency support may take longer to arrive. It is appropriate for those who take part in activities or work in remote locations or where risks are harder to manage.

Course	Time (including Breaks) - Hrs	Content	Cost Per Person
Basic Life Support	4	<ul style="list-style-type: none"> ● Scene Assessment ● Primary Survey ● CPR ● Choking ● Bleeds 	€65
Emergency First Aid at Work (for Schools) This course can be tailored for specific professions such as school teachers.	7	All of the above as well as: <ul style="list-style-type: none"> ● Secondary Survey ● Shock ● Seizures ● Record keeping and first aid equipment ● EFAW for schools also includes: Asthma and Anaphylaxis 	€98
Emergency Outdoor First Aid	9	All of the above as well as: <ul style="list-style-type: none"> ● Medical emergencies ● Cardiac Emergencies ● Burns ● Drowning ● Broken bones ● Head, neck and back injuries ● Environmental conditions (Hypo/ Hyperthermia) 	€115

Please feel free to contact us at info@thetrainingcentre.pt to discuss which of these courses best meets your requirements or for any further information.