

Which course is suitable for my workplace?

The following information is based on the Health and Safety (First-Aid) Regulations 1981 which apply to all workplaces in Great Britain. These are guidelines only - not hard & fast rules since each workplace will have different associated risks and hazards.

The minimum HSE requirement for any workplace is the **Appointed Person** however when assessing first aid needs in your workplace you should consider:

- 1) The number of employees
- 2) How hazardous your work environment may be (based on a risk assessment)

Low Hazard Environments (Offices, libraries or shops.)

How many employees?	Recommended first aid training
Less than 25 employees	Minimum of one person acting as an Appointed Person
25 - 50 employees	Minimum of one person trained in Emergency First Aid at Work
More than 50 employees	One person trained in First Aid at Work for every 100 employees

Higher Hazard Environments (Light engineering, assembly work, food processing, warehousing, work with dangerous machinery, sharp instruments, construction or chemical manufacture.)

How many employees?	Recommended first aid training
Less than 5 employees	Minimum of one person acting as an Appointed Person
5 – 50 employees	Minimum of one first aider trained in Emergency First Aid at Work or First Aid at Work depending upon the type of injury that may occur
More than 50 employees	One person trained in First Aid at Work for every 50 employees

Further information about First aid at Work can be found in the HSE publication:

First aid at work - your questions answered: <http://www.hse.gov.uk/pubns/indg214.pdf>

For Appointed Person First Aid: <http://lakesfirstaid.co.uk/appointed-person-first-aid/>

For Emergency First Aid at Work: <http://lakesfirstaid.co.uk/emergency-first-aid-at-work/>