

First aid training

Good first aid skills save lives and increase workplace safety. A first-aid trained person can recognise situations requiring first aid, anticipate the risk of accidents and help in an emergency. It is important to update first aid skills regularly.

What is first aid training all about?

First aid training ensures that the right action is taken in the workplace in the event of an accident/incident. At least 5% of the workplace staff must be first aid trained. The content of first aid training takes into account the circumstances of the workplace and the most likely risks of accidents, hazards and emergencies. First-aid situations are dealt with specifically from a workplace perspective. The trainer is an occupational health nurse with a Finnish Red Cross (FRC) approved qualification as a trainer of first aid and health information.

The aim of the first aid training is:

- to develop first aid skills, to support the assessment and management of accident risks in the workplace, and to promote health and work ability
- to take into account the conditions and specific characteristics of the workplace and risk factors, and to take them into account in training
- that the trainee is able to identify situations requiring first aid, anticipate the risk of accidents and provide assistance in an emergency.

Choose the first aid course that suits your company's needs from the Mehiläinen course selection and request a course offer via this page. You can also register for first aid training directly via our training calendar, which includes first aid courses open to all. The first aid courses are subject to an FRC registration fee of €19.95 per person (FA card). For courses organised as combined training, the FRC online course fee is also charged (8 hours emergency FA 15 €/person. 16 hours FA 1 30 €/person.)

First Aid courses can be delivered as face-to-face or webinars. (We use Microsoft Teams.) Some courses are also offered as blended learning.

Choose the most appropriate course for your group and request an offer

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| First aid course EA1 16 hours (face-to-face or webinars) | 1650€ |
| First aid course EA1 16 hours (blended learning) | 1650€ |
| First aid course EA2 8 hours (face-to-face or webinars) | 1100€ |
| Emergency first aid course 8 hours (face-to-face or webinars) | 980€ |
| Emergency first aid course 8 hours (blended learning) | 980€ |
| Emergency first aid course 4 hours (face-to-face or webinars) | 690€ |

VAT 24% will be added to the prices. SPR registration fee/EA card 19,95€/person will be added to the price. Mobile certificate only 17,15€. Travel expenses will be invoiced separately.

The maximum group size is 15 people.

The provider is an occupational health nurse.

Face-to-face or webinars: The course can be delivered at the client's or the Mehiläinen's premises or remotely (Microsoft Teams)

Blended learning: The course is delivered as a blended learning course (theoretical part via distance learning, practical training via face-to-face teaching).