

Emergency First Aid at Work – Joining Instructions & Requirements

1. Course Overview

Thank you for booking your Blended Emergency First Aid at Work course with MJK Training. This blended course allows you to complete the online learning at your own pace from home, followed by the practical assessment in a classroom environment.

The combination of online and practical training will give you the confidence and skills to respond quickly and effectively in an emergency, whether at work, at home, or in public. If you have any questions before your training, please do not hesitate to get in touch.

2. Pre-Course Checklist

Before the course, please make sure you:

- Bring a valid ID (one from Group A).
- Wear comfortable clothing – some activities will be practical.
- Inform us if you have any medical conditions or learning needs so we can support you.

No pre-learning is required for this course.

3. ID Requirements

Bring ONE document from Group A (passport, driving licence, birth certificate.)

4. Key Course Information

- Course Duration: 4 Hours Blended Face to Face (Practical)
- Start Time: 18:00 to 22:00
- Location: Norfolk House, 30 Exchange street, Norwich, NR2 1DD
- Facilities: Various food outlets around the city from Tesco Express, No 33 Cafe, Costa.
- Dress Code: Comfortable clothing suitable for light movement and kneeling.

5. What You Will Learn

The course covers essential life-saving skills, including:

- Assessing a casualty and the scene
- Performing CPR (including AED use)
- Dealing with choking
- Controlling bleeding and shock
- Managing seizures and minor injuries
- Responding to workplace incidents

6. Breaks *(timings may vary if a blended course)*

To support concentration and learning:

- Morning break – 15 minutes
- Lunch – 30 minutes
- Afternoon break – 15 minutes

7. Assessment

You'll take part in a short practical assessment and multiple-choice questions to show your understanding.

8. Contact Information

If you have any questions before your course, contact us:

✉ mjktrainingenquiries@outlook.com

☎ 07395 260580 (Mon–Fri, 10:00–16:00)