



Harlow Occupational Health Service Ltd



Emergency First Aid at Work Training 2025

Tel: 01279 422377 | E-mail: training@hohs.org | website: www.hohs.org



**Harlow Health
Centres Trust**

Promoting Health and Wellbeing

Harlow Occupational Health Service Ltd was established in 1955 by the Nuffield Provincial Hospitals Trust to provide medical services to the growing industries in Harlow New Town. Today, we proudly continue as a registered charity, dedicated to serving the local business community with affordable occupational health services.

We have been very fortunate to have received funding from the **Harlow Health Centres Trust** to provide **120 free emergency first aid training spots** to charity & voluntary sector workers within the Harlow community, offering **10 free places per session across 12 courses throughout 2025**.

These courses will help address the critical need for health and safety skills among those who serve in direct, often high-stakes, community roles. By empowering those working within the charity & voluntary sector with practical first aid skills, this will also help strengthen the community's resilience, enhance public safety, and contribute to a more health-aware environment within our local community.

Sandra

Sandra Wright
Chief Executive
Harlow Occupational Health Service Ltd



Emergency First Aid at Work

The Emergency First Aid at Work Course is ideal for Appointed Persons within an organisation, equipping them to respond effectively to medical emergencies. Upon completing this course, participants will be qualified to provide emergency first aid to individuals who become injured or unwell at work.

The course includes:

- Primary Survey: Danger – Response - Airway – Breathing
- Anaphylaxis
- Asthma & Anxiety (Hyperventilation)
- Choking
- Chest Pain & Cardiac Arrest
- CPR & Defibrillation

The course runs for 6 hours, and lunch is included.

Eligibility:

This course is open to individuals working—paid or unpaid—for local charities or voluntary organisations.

All participants will receive a certificate valid for three years.



January – December 2025

09.00 – 15.30

Lunch included

Wednesday 15 January

Wednesday 19 February

Wednesday 12 March

Wednesday 16 April

Thursday 15 May

Tuesday 17 June

Thursday 10 July

Thursday 14 August

Wednesday 17 September

Thursday 16 October

Monday 3 November

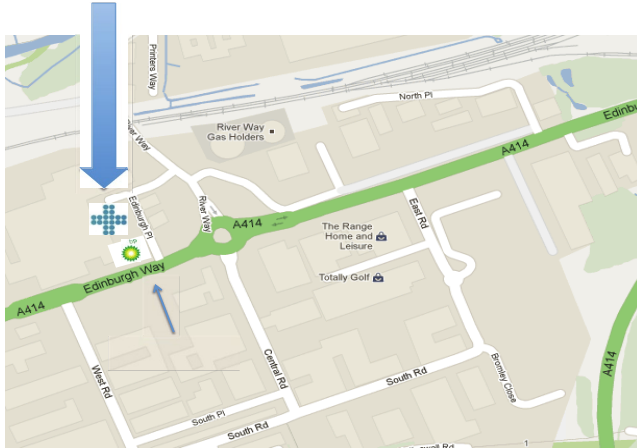
Thursday 11 December

To book on one of the courses listed above, please email training@hohs.org, or telephone 01279 422377 and reference which organisation you work/volunteer for.

Courses are booked on a first come first served basis, each course can have a maximum of 12 people.



How To Find Us



From M11 J7

Exit the M11 at Junction 7 and join the A414 Harlow Potter Street Bypass towards Harlow going through traffic lights (The Harlow Hotel). Remain on this road over next three roundabouts. At the fourth roundabout (Gates Garage on left) take the first exit onto Edinburgh Way (A414) going past Tesco on left. Continue over roundabout and turn right into Edinburgh Place (BP Petrol Station on the corner). Stephen Taylor House is located on the left.

From M11 J7a

Exit the M11 at Junction 7a follow slip road and take the right at the roundabout and straight over the next. At the third roundabout head onto the A1025 towards Harlow, going through traffic lights (Gilden Way). Continue straight at the fourth roundabout and then take a right at the fifth roundabout. At the sixth roundabout (Gates Garage on left) take the first exit onto Edinburgh Way (A414) going past Tesco on left. Continue over roundabout and turn right into Edinburgh Place (BP Petrol Station on the corner). Stephen Taylor House is located on the left.

From M25

Exit the M25 at Junction 27 and join the M11 towards Cambridge. Follow 'From M11 J7'.

From A10

Leave the A10 at the A414/Harlow slip road exit. Follow the A414 to the third roundabout and take the second exit to join Edinburgh Way (A414). Continue straight over two roundabouts, turn left into Edinburgh Place (BP Petrol Station on the corner). Stephen Taylor House is located on the left.

By Train

Harlow Town is the nearest railway station. For further information on train times and fares, please telephone the National Rail.



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Stephen Taylor House | Edinburgh Place | Harlow | Essex CM20 2DJ

