Which H&S route should I take?

Have you been nominated to carry out First Aid responsibilities in a low risk environment that presents very few hazards?	Do you work in low risk environments that present very few hazards?	Are you a manager requiring a more in-depth knowledge of first aid?	Are you aware of your own safety and the safety of your customers, contractors and the public to your site?	Are you responsible for monitoring health & safety for your department or for your area of responsibility? (You must have completed CIEH H&S at Work Level 2)
Emergency First Aid (1 day)	Emergency First Aid (1 day)	First Aid at Work (3 day)	CIEH H&S at Work Level 2 (1 day)	CIEH H&S at Work Level 3 (3 day)