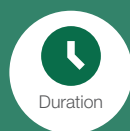




Emergency first aid at work

QA Level 3 award - RQF



Duration

One day
(minimum six contact hours)



Number of delegates

Maximum **12 delegates** per course



Quasafe Awards
Registered Centre
Centre No: 0905115

Aim

The emergency first aid at work course is designed to enable delegates to attain knowledge and competencies needed to deal with a range of emergency situations.

This qualification is based on the HSE training standard for delivery of first aid at work courses for the purpose of the Health and Safety (First Aid) Regulations 1981 (Northern Ireland 1982).

Who Should Attend

The emergency first aid at work course is designed for individuals with specific responsibilities at work or in voluntary or community activities to provide first aid in emergency situations.

There are no formal entry requirements but delegates should possess communication skills sufficient to allow them to address the assessment requirements of the qualification. Delegates must be at least 14 years old on the first day of the training.

Content

Unit 1: emergency first aid in the workplace

- ✓ Introduction
- ✓ The role of the first aider
- ✓ Incident and casualty assessment
- ✓ Cardiopulmonary resuscitation (CPR) and automated external defibrillators (AEDs)
- ✓ Recovery position including management of seizure

- ✓ Choking
- ✓ External bleeding and hypovolaemic shock including tourniquets and haemostatic dressings
- ✓ Minor injuries
- ✓ Written assessment

Structure

This course includes four practical assessments plus one theory multiple choice answer paper.

Outcome

Following completion of the course delegates should be able to demonstrate practical application of safe, prompt and effective first aid in an emergency situation. This course caters for higher risk environments. Delegates will receive a course specific book.

Retraining

Certification is valid for three years. Requalifying is repeating the original course – please see [here](#) for further details. An annual refresher is highly recommended.

Trainer

Our trainers are of the highest standard, all holding a relevant teaching qualification such as PTLLS as well as a valid first aid at work qualification and other first aid related subject specialisms.

✉ training@posturite.co.uk

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🖱 **Emergency first aid at work**

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