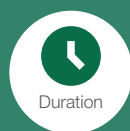




# First aid at work annual refresher

## QA Level 3 award - RQF



Duration

**Half day**  
(minimum 3.5  
contact hours)



Number of  
delegates

Maximum **12 delegates**  
per course



QA  
QUASAFE AWARDS

Quasafe Awards  
**Registered Centre**  
Centre No: 0905115

## Aim

This course offers a brief run-through of the most important areas of first aid at work allowing them to refresh skills and retain confidence in their essential first aid techniques.

## Who Should Attend

This course is designated for individuals who currently hold a level 3 first aid at work or level 3 emergency first aid at work certificate. There are no formal entry requirements but delegates would be expected to have achieved the first aid at work or emergency first aid at work qualification. 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

- ✓ Responsibilities
- ✓ Cardiopulmonary resuscitation (CPR) and automated external defibrillators (AEDs)
- ✓ External bleeding and hypovolaemic shock including tourniquets and haemostatic dressings
- ✓ Choking
- ✓ Unconscious casualty including recovery position

## Structure

This course includes continual assessment.

## Outcome

Delegates who attend this course will have practiced essential procedures, learnt about any updates in best practice, and feel confident administering first aid if needed.

## Retraining

Certification is valid for one year from date of training. Annual refreshers are highly recommended to be repeated each year in between a first aid at work or emergency first aid at work qualification

## 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 qualifications and other first aid related subject specialisms.

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