First aid at work

QA Level 3 award - RQF

One day
(minimum 18 contact hours)

Maximum **12 delegates** per course

Qualsafe Awards
Registered Centre
Centre No: 0905115

Aim

The 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 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

Day 1: 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)
- Choking
- Recovery position including management of seizure
- External bleeding and hypovolemic shock including tourniquets and haemostatic dressings
- Minor injuries
- Written assessments

Day 2: Unit 2: management of illness and injury in the workplace

- Introduction
- Respiratory system
- Hypoxia
- Chest injuries
- Asthma and hyperventilation
- Circulatory system
- Wounds and external bleeding
- Eye injuries
- Shock
- Anaphylaxis
- Angina and heart attack
- Stroke
- Burns and scalds
- Poisons

Day 3: Unit 2: management of illness and injury in the workplace

- Introduction
- CPR recap
- Skeletal system
- Fractures/dislocations
- Sprains and strains
- Head injuries
- Secondary survey
- Diabetes
- Epilepsy
- Written assessments

Structure

This course includes six practical assessments plus two theory multiple choice answer papers.

Outcome

Following 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 can be completed in two days (Level 3 award in first aid at work requalification) should minimum criteria be met – 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.

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