

FIRST AID AT WORK (RQF)

LEVEL 3 – 3 days (Min. 18 hours)



It is a requirement of the Health & Safety law that employers provide a safe and healthy environment to work in. If your assessment of first aid needs highlights the need for qualified first aiders, then this level 3 qualification will provide you with suitable, highly trained personnel. This comprehensive three-day course covers a wide range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way. In addition, this course will include any protocol changes that may have arisen since their last training course. This course will give the participants a qualification to the highest level of First Aid, meeting the statutory requirements of the Health and Safety (First Aid) Regulations 1981.

Duration: A minimum of 18 hours spread over at least three days. Ideally, the course should be run over three consecutive days, but we have the flexibility to accommodate your specific needs if you so desire, providing it is completed within 10 weeks of starting the course and the training sessions last for a minimum of two hours.

Syllabus: A range of subjects are covered including:-

• <i>Legalities, responsibilities and reporting</i>	• <i>Head injuries</i>
• <i>Resuscitation and AED awareness</i>	• <i>Eye injuries</i>
• <i>Assessment of the situation</i>	• <i>Poisoning</i>
• <i>Dealing with an unresponsive casualty</i>	• <i>Chest injuries</i>
• <i>Bandaging</i>	• <i>Sprains and strains</i>
• <i>Shock (including Anaphylaxis)</i>	• <i>Burns</i>
• <i>Fractures and spinal injuries</i>	• <i>Asthma</i>
• <i>Heart attacks</i>	• <i>Diabetes</i>
• <i>Choking</i>	• <i>Epilepsy</i>
• <i>Control of bleeding</i>	• <i>Stroke</i>

Certification: Summative practical assessment is ongoing by the instructor each day, along with a written assessment for unit 2. A three year Level 3 Award in First Aid at Work will be issued to the learner, subject to successful assessment. No external assessors are required. Certification is included in the cost of the course.

Numbers: A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role. The certificate will expire as dated on the certificate, irrespective of age.

Course Material: A First Aid at Work handbook will be provided.