

## Level 3 Award in First Aid at Work (RQF)

### Who should attend?

Nominated workplace first aiders, or anyone wanting a comprehensive introduction to first aid, who wish to become a First Aider in the workplace for the purposes of the Health and Safety (First Aid) Regulations 1981.

### Overview

Our first aid courses are taught by an experienced instructor who uses high quality training aids, realistic casualty simulation and scenarios drawn from real-life; making the experience memorable and fun.

### Course content

- ❖ The roles and responsibilities of a first aider
- ❖ Managing incidents – Primary and Secondary Assessments (DRABC)
- ❖ Placing an unresponsive, breathing casualty into the recovery position
- ❖ Cardio Pulmonary Resuscitation (CPR)
- ❖ Correct use of an AED and placement of pads
- ❖ Heart attack, angina and stroke
- ❖ Head and spinal injuries
- ❖ Amputation – correct use of a tourniquet
- ❖ Control of bleeding – bandages and slings – support and elevated
- ❖ Fractures – dislocations, sprains and strains
- ❖ Burns and scalds – severity and treatment
- ❖ Shock – hypovolaemic and other types
- ❖ Choking – partial and full blockage
- ❖ Chest injuries – flail chest and penetrated chest injury and crush syndrome
- ❖ Seizures – minor and major
- ❖ Asthma, anaphylaxis, croup
- ❖ Diabetic emergencies – hypo and hyperglycemia
- ❖ Preventing cross infection, recording incidents and actions and the use of available equipment
- ❖ Eye and ear injuries
- ❖ Minor injuries
- ❖ Treatment of poisoning
- ❖ Reporting, recording, regulations

### Outcome

This course will give candidates the knowledge and confidence to deal with a first aid emergency in the workplace.

### Prerequisites

None. Candidates that have back problems should advise the trainer prior to the course commencing. Candidates are advised to dress appropriately for carrying out floor-based activities.

### Further information

**Course duration:** 3-day programme

**Awarding body:** Highfield Qualifications

**Assessment method:** The qualification is assessed via practical demonstration and oral questioning

**Valid:** 3 years

**Class size:** 12 candidates maximum