



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

### Who should attend?

This qualification is ideal for those already working, or preparing to work, within industry who wish to become an Emergency First Aider in the workplace for the purposes of the Health and Safety (First Aid) Regulations 1981.

### Overview

All 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
- ❖ Seizures – major
- ❖ Choking – mild and severe
- ❖ Wounds and external bleeding
- ❖ Shock - hypovolaemic
- ❖ Minor injuries
- ❖ Minimising cross infection
- ❖ Gaining consent and understanding the right of the casualty to refuse treatment

### Outcomes

To give the candidates confidence to approach and assess a first aid emergency, and deal with it safely.

### Prerequisites

None. Candidates are required to take active participation in the practical demonstrations in order to achieve certification. Delegates are advised to dress appropriately for carrying out floor-based tasks such as CPR. Those with back problems must advise trainer prior to the commencement of the course.

### Further information

**Course duration:** One-day programme

**Awarding Body:** Highfield Qualifications

**Assessment:** It is assessed via practical demonstration and written questionnaire

**Valid:** 3 years

**Class size:** Maximum 12

**Accredited:** RQF