

Level 3 First Aid at Work

This qualification will benefit anyone requiring first aid training for the workplace, most appropriate for all environments that present health and safety risks. This course is recognised by the Health & Safety Executive it complies with the Health & Safety (First Aid) Regulations 1981 to provide the nationally recognised Level3 qualification of a workplace First Aider for all environments.



*'Helping you deliver
a duty of care'*

Phone: 01524 220 221

Who Should Attend

This qualification is suitable for anyone wanting to gain an introduction to workplace First Aid and qualifying as a first aiders for any environment.

Learning Outcomes

By the end of this course delegates should be able to understand:

- the roles and responsibilities of a first aider
- the legal requirements for first-aid provision
- the importance of accurate incident reporting
- first-aid equipment and its safe use
- the need to minimise the risk of infection
- the importance of assessing an incident
- how to undertaking a primary survey
- when and how to call for help
- administer first aid to a casualty with: injuries to bones, muscles and joints, including suspected spinal injuries; chest injuries; burns and scalds; eye injuries; sudden poisoning; anaphylactic shock;
- recognise the presence of major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma, diabetes).

And be able to demonstrate how to administer first aid to a casualty who is:

- unconscious
- not breathing
- choking
- bleeding from a wound
- in shock.

Course Content

Delegates will receive training in the following subjects:

- The role of the First Aider including the importance of recording incidents and actions
- Aims and principles of First Aid
- Action at an emergency
- Management of an unconscious casualty
- Cardio Pulmonary Resuscitation
- Assessment and treatment of a casualty who is wounded, bleeding or shocked
- Treatment of minor injuries including cuts, grazes, bruises, minor burns and small splinters
- Assessment and treatment of fractures, dislocations and soft tissue injuries
- Assessment and treatment of burns, poisoning and eye injuries
- Assessment and treatment of common major and minor illnesses
- The importance of preventing cross infection
- The use of first aid equipment

Course Duration

The course is 3 days in duration (18 hours inc exam)

Assessment Method & Certification

The assessment will be by the completion practical assessments and a multiple choice question examination at the end of the course. On successful completion of the course, delegates will receive a recognised Ofqual Accredited certificate of competence, which is valid for 3 years.

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