

Level 3 First Aid at Work Requalification

This qualification will benefit anyone requiring to renew their first aid training for the workplace. This course is recognised by the Health & Safety Executive it complies with the Health & Safety (First Aid) Regulations 1981 to renew the nationally recognised Level 3 qualification of a workplace First Aider for all environments.



*'Helping you deliver
a duty of care'*

Phone: 01524 220 221

Who Should Attend

Anyone holding a **current**, in date First Aid at Work certificate.
Delegates must bring them as proof of their existing qualification.

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 2 days in duration (12 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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