



# First Aid at Work Course Information Sheet

## Description

It is a requirement of Health and Safety law that employers should provide a safe and healthy environment for their employees. If the assessment of First Aid needs highlights the need for qualified First Aiders, then this course 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 an emergency situation with confidence in a prompt, safe and effective way.

## Duration

- A minimum of 18 hours of practical and theoretical activities spread over 3 days. There is though flexibility to accommodate specific group requirements.

## Syllabus

A range of subjects are covered including:

- Legalities, responsibilities and reporting
- Dealing with an unresponsive casualty
- Shock (including Anaphylaxis)
- Head injuries
- Choking
- Diabetes
- Burns
- Bandaging
- Sprain and Strains
- Stroke
- Assessment of the situation
- Resuscitation
- Heart Attacks
- Asthma
- Epilepsy
- Poisoning
- Eye Injuries
- Chest injuries
- Fractures and spinal injuries
- Control of Bleeding

## Pre-requisites

- Candidates must be at least 16 years of age.

## Assessment and Certification

- Assessment is ongoing by the trainer throughout the course along with multiple choice questions papers.
- A three year Level 3 Award in First Aid at Work (QCF) will be issued to the candidate on successful completion of all the assessment criteria.
- The certificate is valid for 3 years. It can be renewed by attending a suitable 2-day renewal course.

For further information and course details contact:

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