



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



Course Overview

Health and Safety (First Aid) Regulations 1981 require all employers to make arrangements to ensure their employees receive immediate attention if they are injured or taken ill at work. Having the correct First Aid provision is not just a legal requirement, it is incredibly important for the safety of all members of staff.

First Aid at Work (FAW) qualifications are aimed at individuals who need to act as designated first-aiders in workplaces, especially those with higher risks or more employees, covering more serious injuries and illnesses than basic first aid, and are essential for employers to meet legal obligations, determined by workplace needs and assessments. This training equips people to handle a wider range of conditions, from heart attacks to seizures, making it suitable for sectors like construction, manufacturing, and larger offices or those wishing to obtain a more comprehensive knowledge of first aid.

Packed with real-life practical scenarios we aim to make this an interactive experience.

Our team of expert trainers have over 20 years experience working on the front line of ambulance services and in clinical settings as registered healthcare professionals.



Duration: 3 Days



Valid for 3 years



Our Venue or Yours



Blended Learning Available



£275.00 per learner
Group booking discount available

What is covered?

- | | |
|---|---------------------|
| • The roles & responsibilities of a first aider | • Heart attack |
| • CPR & defibrillation | • Stroke |
| • Primary & secondary survey | • Sepsis |
| • Managing an unresponsive casualty | • Diabetes |
| • Wounds, bleeding, tourniquets & shock | • Drowning |
| • Seizures/ Epilepsy | • Burns |
| • Head injuries | • Anaphylaxis |
| • Fractures, dislocations, strains & sprains | • Recovery position |
| | • Choking |

Course Requirements

- Learners must be physically able to take part in practical activities **
- Age 14 years +
- Basic literacy/numeracy skills are recommended for understanding concepts.
- Due to the practical nature of this course, Learners should wear appropriate clothing and footwear, e.g. trousers and flat footwear.

** Contact us to discuss any physical limitations and we will accommodate wherever possible.

Assessment Details

7 Practical Assessments

2 Theory Assessments
(Multiple Choice Question Paper)

Upon successful completion, you will receive a First Aid at Work certificate, valid for 3 years.

For more information or to book this course please contact:

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