

# QA Level 3 Award in First Aid at Work (QCF)



## Course Overview

The 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. This includes carrying out a risk assessment, appointing a suitable number of first aiders and providing appropriate first aid training.

Course Duration	Expiry	Assessment
3 days	3 years (recommendation of an annual refresher)	Ongoing practical assessment will run throughout the course and two multiple choice written question papers

## Course Content

- The role and responsibilities of a first aider
- Minimising the risk of infection
- Completing an accident report form
- Scene survey/primary survey
- Levels of consciousness
- Adult CPR (cardiopulmonary resuscitation)
- Recovery position
- Managing a seizure
- Choking
- Identify the types of external bleeds
- Control external bleeding
- Recognise and deal with shock
- Fractures
- Dislocations
- Sprains and strains
- Dealing with a suspected head injury
- Dealing with a suspected spinal injury
- Recognise the different types of chest injuries
- Recognise the severity of a burn and scald
- Eye injuries
- Poisons
- Heart attack
- Stroke
- Epilepsy
- Asthma
- Diabetes

## Our core values



Safe



Responsible



Quality



People



Collaborate