

## LEVEL 3 FIRST AID AT WORK

This Ofqual approved course covers the practical skills needed by a first aider in the modern workplace. The course will give you the confidence and knowledge to deal with first aid emergencies. Recommend for higher risk work places.

### Who should attend?

Nominated workplace first aiders, or anyone wanting a comprehensive First Aid course.

### What you will learn?

The course will give you the knowledge and confidence to deal with a first aid emergency in the workplace.

### Course content

- Incident management
- The priorities of first aid
- Treatment of an unconscious casualty
- Resuscitation
- Health and safety (first aid) regulations
- Accidents and illness
- Using a first aid kit
- Simple record keeping
- Bleeding
- Shock
- Choking
- Seizures
- Burns & Scalds
- Heart attacks
- Poisoning
- Fractures, dislocations, sprains & strains
- Asthma
- Severe allergic reaction – Anaphylaxis
- Eye injuries
- Diabetes
- Now includes safe use of AED (Defibrillator)
- Catastrophic bleeding (depending on your risk assessment)
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### Course duration

Three days – 18 teaching hours. The course is usually offered as three consecutive days, however we are happy to tailor courses to your requirements so please let us know what you want.

### Assessment and Certification

Continuous assessment by trainer, practical assessments and multiple choice question papers. After completing a final assessment successful candidates receive an Ofqual approved wall certificate plus a credit card sized plastic card certificate deeming you competent and safe as an emergency first aider so you will need to take part in the practical parts of the course. Please contact us for full details. Certification is valid for three years.

This is a practical course so appropriate clothing should be worn.

**Course Cost - £185 per person - Discount for group bookings**