



TRAINING

# First aid at work (QA level 3 award)

*A fully comprehensive course designed to provide delegates with the skills and knowledge required to deal with sudden injuries or illnesses in the workplace.*

## Overview

**3 day, maximum of 12 delegates per course**

This qualification is based on the HSE training standard for delivery of first aid at work courses for the purpose of the Health and Safety (First Aid) Regulations 1981 (Northern Ireland 1982).

The course is designed to enable delegates to attain knowledge and competencies needed to deal with a range of emergency situations. Delegates should be able to demonstrate practical application of safe, prompt and effective first aid in an emergency situation. This course caters for higher risk environments.

## Structure

The qualification comprises of two mandatory units with a total of 3 credits and 24 guided learning hours. Written assessments are undertaken on days 1 and 3. Practical skills will be assessed continuously throughout the first aid at work course.

## Hosted course - £1,495.00

*You choose the date and provide the venue, usually your premises, and we provide the training and any necessary equipment.*

**For more information and bookings:**

email: [training@posturite.co.uk](mailto:training@posturite.co.uk)

or call: **0345 345 0010**

## Who should attend?

The course is designed for individuals with specific responsibilities at work or in voluntary or community activities to provide first aid in emergency situations.

## Content

### Day 1: Unit 1

#### Emergency first aid in the workplace

- Introduction including management of seizure
- The role of the first aider
- Incident and casualty assessment
- Cardiopulmonary resuscitation (CPR) and automated external defibrillators (AED)
- Recovery position
- Choking
- External bleeding and hypovolemic shock including tourniquets and haemostatic dressings
- Minor injuries
- Written assessments

### Day 2: Unit 2

#### Management of illness and injury in the workplace

- Introduction
- Respiratory system
- Hypoxia
- Chest injuries
- Asthma and hyperventilation
- Circulatory system
- Wounds and external bleeding
- Eye injuries
- Shock
- Anaphylaxis
- Angina and heart attack
- Stroke
- Burns and scalds
- Poisons

### Day 3: Unit 2

#### Management of illness and injury in the workplace

- Introduction
- CPR recap
- Skeletal system
- Fractures/dislocations
- Sprains and strains
- Head injuries
- Secondary survey
- Diabetes
- Epilepsy
- Written assessments

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