



First Aid at Work Annual Refresher – Level 3 Award (RQF)

Who should attend?

This qualification is predominantly for qualified first aiders who have a specific interest or a responsibility at work, or in voluntary and community activities, to be able to provide basic first aid to people they are caring for when dealing with an emergency.

Course Aims & Objectives

The objective of the qualification is to benefit Learners by enabling them to refresh the knowledge and practical competencies needed to deal with a range of first aid situations and/or take on the role of first aider in the workplace. It is designed to refresh their skills and knowledge and avoid skill fade as recommended by the HSE.

By the end of the course delegates will:

- Be able to assess an incident
- Be able to provide first aid to an unresponsive casualty
- Be able to provide first aid to a casualty who is choking

Course Outline

- Assessing an incident
- Managing an unresponsive casualty
- Recovery Position
- CPR and defibrillation
- Choking
- Seizures

Certification

Delegates are assessed throughout the course by the trainer. Successful delegates will receive a QA First Aid at Work Annual Refresher certificate. Certificates are valid for 1 year.

Duration

½ Day

Location

We can offer courses on company premises for a maximum of 12 delegates or upcoming open courses in your local area.