



HSE Emergency First Aid at Work (EFAW)

Qualification: ITC Level 3 Award in Emergency First Aid at Work (RQF)

Duration: 1 day / 6 hours

Certificate: 3 years

The Health and Safety (First-Aid) Regulations (1981) require employers to provide adequate and appropriate equipment, facilities and trained personnel to enable first aid to be given to employees if they are injured or become ill at work. Employers also have a duty of care towards all visitors and users of their facilities.

This practical, one day course will give your employees the necessary skills to deal with first aid incidents in the work place. It is suitable for **low hazard workplaces** such as offices and shops and was designed to meet the changing face of modern work places with modern mobile communication and a modern emergency service. Candidates will learn to deal with life threatening incidents until the emergency services arrive and very minor incidents that will not require medical assistance.

Core content: Prescribed by the Health and Safety Executive (HSE) and includes the following:

- The importance of preventing cross infection
- The need for recording incidents and actions
- The use of available equipment
- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
- Administer first aid to a casualty who is unconscious (including seizure)

- Administer cardiopulmonary resuscitation (CPR)
- Correct use of an Automated External Defibrillator (AED)
- Administer first aid to a casualty who is choking
- Administer first aid to a casualty who is wounded and bleeding
- Administer first aid to a casualty who is suffering from shock
- Provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters)

Assessment: Continual assessment of practical skills by trainer observation. There is also an element of written assessment. Candidates must attend for the full 6 hours of contact training time to qualify.

Certificate: Certified by ITC First and valid for three years.

This ITC qualification is regulated by the Office of Qualifications and Examinations Regulation (OfQual) and is part of the Regulated Qualifications Framework (RQF).



ITC First is a recognised awarding body that develops qualifications and approves, supports and verifies the activity of training centres delivering accredited first aid courses and qualifications.

Revalidation: The full 6 hour EFAW course must be taken to revalidate.

The HSE also strongly recommend that candidates attend an annual **Basic Skills Refresher** course (3 hours) to prevent skill fade and maintain confidence.

Elements First Aid is a training centre approved to deliver Ofqual, SQA and ITC accredited courses and qualifications.

Established by Flora Schnider in 2006, **Elements First Aid** provide a variety of exceptional first aid courses to groups of individuals in the UK and overseas. Flora is an experienced professional trainer with over 15 years of experience dealing with accidents and emergencies on front line 999 ambulances in central London. She is passionate about fun, practical, relevant first aid training.

Price: £85 per person joining a scheduled course. In-house group rate* £69.50 per person (minimum 6). Trainer to student ratio 1:12. Smaller or larger groups can be accommodated. Please contact us for more information.

*Price is for a group in your own venue and includes all course equipment - course materials, first aid manuals, resuscitation manikins, handouts, course registration and certification. Travel expenses and accommodation may be at an additional cost depending on course location.