



HSE First Aid at Work (FAW)

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

Duration: 3 days / 18 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 3 day course will give your employees the necessary skills to deal with a wide range of first aid incidents in the work place. It is suitable for **higher hazard workplaces** such as construction sites and factories or work places with more than 50 employees.

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)

Candidates will also be able to administer first aid to a casualty with:

- Injuries to bones, muscles and joints, including suspected spinal injuries
- Chest injuries, burns and scalds, eye injuries, sudden poisoning
- Recognise the presence of major illness and provide appropriate first aid (including anaphylactic shock, heart attack, stroke, epilepsy, asthma, diabetes)

Assessment: Continual assessment of practical skills by trainer observation. Candidates must attend the full 18 hours to qualify. 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 FAW qualification is revalidated by completing a 12 hour First Aid at Work Requalification (FAWR) course, providing the FAW certificate is within its valid lifetime. The FAWR qualification can be taken up to 3 months before the date of expiry or within 28 days past expiry of the FAW certificate.

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: £250 per person joining a scheduled course. In-house group rate* £185 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.