



FIRST AID TRAINING

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Emergency First Aid at Work

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

Duration: 1 day / 6 hours

Certificate: Certified by ITC First and valid for 3 years

Learner age: 16 years +

All workplaces need to provide adequate and appropriate equipment, facilities and first-aiders to help if a member of staff has an accident or falls ill at work. It's the Law. Plus, you also have a duty of care towards all visitors.

You'll learn to deal with life threatening incidents until the emergency services arrive plus a range of minor injuries and common medical conditions. From offices to yoga studios, schools to shops, we understand that each workplace is different. We tailor our courses to ensure that we cover the likely scenarios you'll face, so you come away with the skills you need.

+ Suitable for

Small to medium low hazard workplaces like offices & shops.

+ Core content

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

- The importance of preventing cross infection
- The use of available equipment & need for recording incidents & actions
- Assess the situation and circumstances in order to act safely, promptly and effectively
- 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)

With some extra time, we can add any additional content that is relevant to your place of work.

+ Assessment

We'll observe you throughout the course and make sure you're completing all the practical tasks correctly. There's no scary exam or question paper. You'll need to be there for the full duration and get stuck in with all the practical work.

+ Nature of training

This is an active and practical course that involves rolling around on the floor and some occasional close contact with another learner. Learners need to take a full and active part and comply with our Covid-19 mitigation measures. Please contact us prior to the course starting if you require a reasonable adjustment.

+ Prerequisites

None

+ Dual qualifications

Some learners require multiple First Aid qualifications. Additional qualifications may be gained by completing this training, avoiding the need to do multiple courses. There's a small admin fee and it may require some additional training time. Please contact us for more information and to discuss your requirements.

+ Certificate

Certified by our Awarding Organisation ITC First and valid for 3 years. Electronic certificates are emailed out to learners approximately 2 weeks after the training. This fully accredited qualification is regulated by the Office of Qualifications and Examinations Regulation (Ofqual) and is part of the Regulated Qualifications Framework (RQF).

+ Revalidation

You need to do the full course again in 3 years time to revalidate. The HSE also strongly recommend that first-aiders attend an annual Basic Skills Refresher course (3 hours) to prevent skill fade and maintain confidence.

+ Price

Individual joining a scheduled course - £100 per person

In-house group (minimum 6) - £80 per person

In-house group (full course max 12) - £800

Additional qualification certificates - £20 per person

Trainer to student ratio 1:12. Smaller or larger groups can be accommodated. Please contact us for more information. Price includes use of all course equipment including bandages & resuscitation manikins, PPE, a comprehensive First Aid manual, handouts, course registration and certification. For private group courses, travel expenses and accommodation may be at an additional cost depending on course location. We are not currently VAT registered.

