



FIRST AID TRAINING

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## Emergency First Aid at Work + F

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

**Duration:** 1 day / 8 hours

**Certificate:** Certified by ITC First and valid for 3 years

**Learner age:** 16 years +

Ideal for Forestry Workers and Arborists, this practical one day course will give your employees the necessary skills to deal with First Aid incidents in the workplace and includes enhanced skills as recommended by the Forestry Commission. We cover the possible accidents/illnesses in a forestry context where sites may be remote from medical aid and the available help may be limited.

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.

### + Suitable for

Small to medium low hazard workplaces in a Forestry Context.

## + 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)

Additional topics recommended by the Forestry Commission:

- Severe bleeding (i.e. chainsaw injury)
- Crush injury
- Hypothermia
- Lyme disease

## + 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.



