

## QA Level 3 Award in First Aid at Work (RQF)

### One Day Course

---

#### Course introduction

The Health and Safety (First Aid) Regulations 1981 require all employers to make arrangements to ensure their employees receive immediate attention if they are injured or taken ill at work. This includes carrying out a risk assessment, appointing a suitable amount of first aiders and providing appropriate first aid training. However, having the correct first aid provision in the workplace is not just a legal requirement, it is incredibly important for the safety of all members of staff!

The 3 day QA Level 3 Award in First Aid at Work (RQF) qualification is specifically designed for individuals who wish to act as a first aider in their workplace. Successful delegates will learn how to manage a range of injuries and illnesses that could occur at work and will be equipped with the essential skills needed to give emergency first aid.

#### Course outline

This qualification is for people who have a specific responsibility at work, or in voluntary and community activities, to provide basic first aid to people in a range of first aid situations. To register on to this qualification, delegates must be at least 14 years old on the first day of the training. There are no other formal entry requirements but to benefit from the learning we advise that delegates have a minimum of Level 1 in literacy or numeracy or equivalent. You will learn:

- The role and responsibilities of a first aider
- Assessing an incident
- Managing an unresponsive casualty
- CPR and defibrillation
- Recovery Position
- Heart Attack
- Stroke
- Choking
- Epilepsy
- Asthma
- Diabetes
- Anaphylaxis
- Shock
- Head and spinal injuries
- Chest injuries
- Wounds and bleeding
- Fractures
- Sprains, strains and dislocations
- Minor injuries
- Burns and scalds
- Poisoning
- Eye injuries

### Assessment

This qualification is assessed by continuous observation by the trainer and written multiple choice question papers at the end of the course.

### Accreditation

On successful completion of the course delegates will be awarded the QA Level 3 Award in First Aid at Work (RQF). This qualification is valid for a period of 3 years. Delegates will need to retake the qualification before the certificate expiry date to remain qualified.

### About Quallsafe Awards

Quallsafe Awards is one of the largest Ofqual recognised Awarding Organisations in the UK and has been shortlisted for the Federation of Awarding Bodies (FAB) Awarding Organisation of the Year Award in both 2015 & 2016. Working closely with training providers and key stakeholders, Quallsafe's team of industry specialists have created a range of ground breaking qualifications that are included on the Regulated Qualification Framework (RQF).

**Related courses:** QA Level 3 Award in Emergency First Aid at Work (RQF)