



Cookson First Aid

Free First Aid for all

Emergency First Aid at Work

LEVEL 3 : 1-DAY TRAINING COURSE

This qualification is for those undertaking the role of a first aider in the workplace.

This qualification will provide learners with the skills, knowledge and understanding to support individuals carrying out a first aid role in the workplace.

RQF Level 3 Award

Qualification title: Level 3 Emergency First Aid at Work (RQF)

This is the most popular first aid qualification. The Emergency First Aid at Work qualification (EFAW) is the choice of many employers to ensure they are meeting the requirements of the Health and Safety (first aid) Regulations 1981

Duration

Total qualification Time (TQT) is 7 hours, with at least 6 Guided Learning Hours (GLH) in the classroom over a minimum of 1 day plus independent pre and post course study.

Course Content

- Understanding the role and responsibilities of a first aider
- The learner will be able to assess an emergency situation safely
- The learner will be able to provide first aid to an unresponsive casualty
- The learner will be able to provide first aid to a casualty who is choking
- The learner will be able to provide first aid to a casualty with external bleeding
- How to provide first aid to a casualty who is suffering from shock
- How to provide first aid to a casualty with minor injuries

Numbers

A maximum of 12 students are allowed and must be a minimum of 16 years of age.

Assessment

The qualification assessment includes a written and practical assessment. You must successfully complete both assessments to achieve the qualification.

Certification

The qualification is valid for three years from the date of achievement. It is recommended that you attend annual refresher training. You will need to complete the full course again to re-qualify for a further three years.