



# Cookson First Aid

Free First Aid for all

## First Aid at Work

### LEVEL 3 : 3-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 Award in First Aid at Work (RQF)

The qualification has been developed in conjunction with other AOs and supports employers to meet their requirements under the Health and Safety (First Aid) regulations 1981. (NI 1982)

### Duration

Total qualification Time (TQT) is 22 hours, with at least 18 Guided Learning Hours (GLH) in the classroom over a minimum of 3 days 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.