



Cookson First Aid

Free First Aid for all

First Aid at Work

LEVEL 3 : 3 HOURS TRAINING COURSE

This qualification is for those that hold a current First Aid at Work or Emergency First Aid at Work qualification, who are in need of an annual refresher.

RQF Level 3 Award

Qualification title: QNUK Level 3 Award in First aid (Annual Refresher) (RQF)

This qualification is for those that hold a current First Aid at Work or Emergency First Aid at Work qualification, who are in need of an annual refresher as recommended in the Health and Safety (First aid) Regulations 1981 and the Health and Safety (First aid) Regulations (Northern Ireland) 1982.

Duration

Total qualification Time (TQT) is 3 hours, with at least 3 Guided Learning Hours (GLH) in the classroom over a minimum of 3 hours plus independent pre and post course study.

Course Content

- The learner will be able to assess an incident
- 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 with external bleeding
- The learner will know how to provide first aid to a casualty who is in shock
- First Aid Basic Skills Update

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 one year 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 one year.