



# Cookson First Aid

Free First Aid for all

## Emergency First Aid at Work

### LEVEL 3 : 1-DAY TRAINING COURSE

This course is for businesses that need emergency first aiders. This one day qualification meets the requirements for current UK Health and Safety Regulations.

## RQF Level 3 Award

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

The course will teach you the skills and knowledge to give emergency first aid in the work place in a prompt, safe and effective way.

### Duration

A minimum of six contact hours in the classroom, consisting of practical and theoretical activities, plus some pre-course activity could be required.

### Course Content

- Responsibilities and reporting
- Assessment of the situation
- Dealing with an unresponsive casualty
- Basic hygiene in First Aid
- Resuscitation and AED awareness
- Anatomy
- Minor injuries
- Bleeding control
- Burns
- Choking
- Epilepsy
- Shock

### Certification

Practical assessment is ongoing by the instructor, and a three year qualification will be issued to those who satisfy the criteria. In addition, we recommend that all students undergo an annual refresher programme of three hours

### Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

The certificate is valid for three years from the completion date.