



**m-fire®**



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

**Duration: 1 Day**

**Max Participants: 12 Delegates**

### **Who Should Attend**

The QA Level 3 Award in Emergency First Aid at Work (RQF) is a regulated and nationally recognised qualification designed for those who have a specific responsibility at work, to provide first aid in a range of emergency first aid situations. It is also ideal for people who have a specific responsibility to provide basic first aid in the voluntary sector and within the community.

### **Aim**

The aim of this course is to provide the candidates with the necessary skills required to perform their duties as a nominated First Aider in their work place.

### **Objectives**

On successful completion of this course the candidate will possess the necessary skills required to perform their role as a nominated First Aider in their work place.

### **Content**

- Roles & Responsibilities of a First Aider
- Incident & Casualty Assessment
- Resuscitation (CPR)
- Seizures
- Choking
- Shock
- Burns and scalds
- Use of an AED
- Unconsciousness casualty management
- Circulation, wounds and bleeding
- Infection prevention and control
- Catastrophic Bleeding

## Method of Evaluation

Evaluation is achieved by means of continuous assessment by the trainer throughout the day. A short multiple choice exam paper is also completed by the candidates. Successful Learners will receive a QA Level 3 Award in Emergency First Aid at Work (RQF) certificate as well as a plastic aide memoir and course reference manual.

An annual refresher course would be strongly advised, to maintain the skills learnt during this course.

## Health & Safety

M-Fire takes health and safety very seriously, all tasks that we carry out from engineering and training to operational fire fighting have been carefully looked at by our own Health & Safety advisors, risk assessments and method statements have been carried out to protect our clients, staff and members of the general public.

Candidates will be expected to demonstrate two minutes of continuous CPR on the floor.

## Our Place or Yours?

Training can be carried out either at your own premises (subject to suitability) or at our Qualsafe Registered Training Centre in Bourne Lincolnshire (PE10 9LQ).

For further information on our courses or any of the services we provide why not contact us on 03333 445 007 or by email at [training@m-fire.co.uk](mailto:training@m-fire.co.uk)

- Fire Training
- First Aid Training
- Manual Handling Training
- Specialist Training
- Fire Extinguisher Maintenance
- Fire Alarm Maintenance
- Dry Risers, Hydrants and Hose Reels
- Fire Risk Assessments
- Safety Signs
- Event Fire & Medical Cover



QUALSAFE AWARDS  
REGISTERED CENTRE  
Centre No.: 0906877



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*Working for a Safer Community*

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