



m-fire®



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

Duration: 3 Days

Max Participants: 12 Delegates

Who Should Attend

The QA Level 3 Award in First Aid at Work (RQF) is a regulated and nationally recognised qualification, specifically designed for those who are appointed to act as a First Aider in their workplace. 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 competent workplace First Aider.

Objectives

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

Content

- Roles & Responsibilities of a First Aider
- Incident and Casualty Assessment
- Primary Survey
- Secondary Survey
- Casualty movement
- Seizures (adult)
- Chest Pain (including heart attack)
- Resuscitation (CPR)
- Choking
- Shock
- Fainting
- Burns and scalds
- Stroke and F.A.S.T
- Sprains and strains
- Chest Injuries
- Use of an AED
- Unconscious casualty management
- Circulation, wounds and bleeding
- Catastrophic Bleeding
- Infection prevention and control
- Fracture management
- Allergic reaction & anaphylaxis
- Asthma and respiratory distress
- Eye injuries
- Head Injuries
- Spinal Injuries
- Diabetes and hypoglycaemia
- Poisoning
- Epilepsy

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 on days one and three. Successful Learners will receive a QA Level 3 Award in 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 Quallsafe 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

- 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



m-fire
Working for a Safer Community

www.m-fire.co.uk