

First Aid at Work

The three-day First aid at work course is appropriate for those 16 and older who may need to render first aid in response to a variety of accidents, diseases, and injuries that they may experience at work.

The 3-day First Aid at Work course, which provides the abilities to recognise and treat a wider range of accidents and medical illnesses, is recommended if your requirements assessment shows a need for further first aid training (for example, due to having staff with a medical condition).

It equips students with the knowledge and assurance to deal with a variety of mishaps and first aid emergencies they might run into at work.

What can be learnt at the FAW course?

Students will practise and acquire the abilities and self-assurance needed to assist someone who is:

- unresponsive and not breathing, including how to use of an automated external defibrillator (AED)
- unresponsive and breathing
- choking
- bleeding heavily- wound care
- suffering from shock

The course also covers the following topics:

- assessing a casualty
- monitoring a casualty
- where to get help
- electrical incidents
- accident recording and reporting
- the control of substances hazardous to health (COSHH).

Additionally, first aid at work also covers-

- Fractures
- Sprain
- Strains
- Spinal injuries
- Chest injuries
- Server burns
- Scalds

- Eye injuries
- Poisoning
- Anaphylaxis
- Heart attack
- Stroke
- Epilepsy
- Asthma
- diabetes

Learning and assessment

Our courses meet and exceed the standards set by the HSE for what is required of training providers, and this course, which is delivered in a classroom setting, offers a practical, hands-on approach that delivers the skills and confidence to employ first aid abilities in a real-life situation. Each learner is evaluated throughout the course using a variety of hands-on examples, Q&A sessions, quizzes, and engaging activities, including roleplay, that are intended to coach and support them. Find out more about the criteria and quality of our courses.

The maximum group size is 12 individuals, and participants must be capable of participating to ensure that you have the best learning experience possible. Each learner receives a training kit with a variety of resources to assist them in putting the skills they have learned into practise. The kit comes with bandages, a textbook for the training, and other items.

You will earn a certificate for first aid at work upon successful completion of this course, which is good for three years. The Health and Safety (First Aid) Regulations of 1981 are complied with by this training.

For this course, the HSE requires eighteen contact hours. Throughout the course, assessment is done by ongoing observation and questioning.

FAQs

Is the First aid at work course a level 3 course?

A level 3 qualification is frequently used to describe the First Aid at Work course. This is due to the fact that the skills covered are difficult enough and long enough to satisfy the requirements for a level 3 certificate under the Recognised Qualifications Framework (RQF).

What industries would typically need to use this course?

The three-day First Aid at Work training is appropriate for larger businesses and/or high-risk professions where the severity of illnesses or injuries may vary. The construction sector (and other industries, if applicable) frequently uses this course to make sure that their first aid staff is equipped with the necessary degree of training and information to assist in an emergency.

How long does a First aid at work certificate last?

Certificates for first aid at work are valid for three years after the date of issuance. You should requalify prior to the expiration of your certificate to ensure continuing first aid quantity.

Does the First aid at work course include AED training?

Yes. AED training appropriate for most workplaces is included in the first aid at work course. As part of their training, all students will use an AED firsthand.