HOLDEN TRAINING
HELPING TO SAVE LIVES

qualsafe
registered centre
Centre No.: 906307

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

3 day course | Ofqual regulated | Certificate valid for 3 years



Course Overview

The Health and Safety (First Aid) Regulations 1981 require all employers to make arrangements to ensure their employees receive immediate attention if they are injured or taken ill at work. Having the correct first aid provision in the workplace is not just a legal requirement, it is incredibly important for the safety of all members of staff!

The **Qualsafe Level 3 Award in First Aid at Work (RQF)** qualification is specifically designed for individuals who wish to act as a first aider in their workplace. Successful candidates will learn how to manage a range of injuries and illnesses that could occur at work and will be equipped with the essential skills needed to give emergency first aid.

As a regulated qualification, employers can book this course for their employees and rest assured that they have fulfilled their legal responsibilities for providing quality first aid training, without having to undertake any lengthy due diligence checks.

What's Covered?

Topics Include

- Roles and responsibilities of a first aider
- CPR and defibrillation
- Managing an unresponsive casualty
- Recovery Position
- Choking
- Burns and scalds
- Wounds, bleeding and shock
- Broken bones, fractures and dislocations
- Seizures and Epilepsy
- Anaphylaxis
- Asthma
- Stroke
- Heart Attack
- Minor injuries

Note: The First Aid at Work content aligns with **Health and Safety Executive (HSE) syllabus.**

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