

Level 3 Emergency First Aid at Work

Duration: 1 Day

Our Ofqual regulated Emergency First Aid at Work course complies fully with the requirements of the Health & Safety Executive.

The topics covered on the 1-day Emergency First Aid at Work course are: -

- Legislation and responsibilities
- Infection control
- First Aid box
- Primary survey
- Minor Injuries
- CPR
- Epilepsy
- Unresponsive, breathing patients
- Unresponsive, non-breathing patients
- Defibrillation (AED)
- Choking
- Seizures
- Wounds and Bleeding
- Shock
- Burns

This course is designed for people who want to receive training in Emergency First Aid and is especially suited for first aiders in smaller, low risk working environments such as retail or office-based. It is an ideal first-step towards progressing to a full First Aid at Work qualification.

Our courses are very “hands-on” as we believe actually practicing the techniques is a far more effective way of learning. Practical demonstrations and exercises supported by on-screen presentations and lots of verbal interaction is our way of training.

All delegates will receive a First Aid manual and additional hand-outs as part of the course.

An Emergency First Aid at Work certificate is valid for 3 years – requalification is a repeat of this course. While not a statutory requirement, the HSE recommend an annual refresher so that delegates may keep their skills up-to-date.