



Corinium  
Training

## Level 3 First Aid at Work

### **Duration: 3 days**

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

The topics covered on the 3-day First Aid at Work course are: -

- Legislation and responsibilities
- Infection control
- First Aid box
- Primary survey
- Unresponsive, breathing patients
- Unresponsive, non-breathing patients (CPR)
- Defibrillation (AED)
- Choking
- Seizures
- Wounds and Bleeding
- Shock
- Burns
- Secondary survey
- Fractures and dislocation
- Soft tissue injuries (sprains and strains)
- Head and Spinal injuries
- Eye injuries
- Chest pains – Angina and Heart attacks
- Stroke
- Electrocutation
- Poisoning
- Severe allergic reactions
- Effects of heat and cold – Heat exhaustion, Heat stroke and hypothermia

We believe first aid training should be far more than just gaining a certificate; it should prepare you for when something unfortunate occurs.

This course is designed for companies whose first aid risk assessment indicates they are a higher risk environment; engineering, manufacturing, high foot-fall etc. It covers first aid techniques for the vast majority of situations and is designed to give not only the skills but also the confidence to deal with these emergencies.

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.

A First Aid at Work certificate is valid for 3 years. While not a statutory requirement, the HSE recommend an annual refresher so that delegates may keep their skills up-to-date.