

# First Aid



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

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The objective of this qualification is to support learners in becoming first aiders in the workplace. The content of the qualification meets the HSE requirements for training first-aiders in those organisations that have identified that staff need to be trained to this level within their first-aid needs assessment.

The qualification covers knowledge such as the roles and responsibilities of the first aider, how to assess an incident and recognising signs and symptoms of injury and illness. The qualification also covers first aid skills in CPR and use of an AED and assisting a casualty who is suffering from major injury and illness such as chest injuries, spinal injuries and anaphylaxis.

In line with guidance provided by the HSE, the qualification supports/approves work place first aiders for a period of 3 years, after which point learners will need to retake the course. In addition to this, it is recommended that learners refresh their knowledge annually.

### How long will it take me to achieve this qualification?

This qualification is usually obtained by taking a **3-day classroom-based course** with contact hours of 18.

### How is the qualification assessed?

This qualification is assessed by the following two methods:

1. **Practical assessment** - Learners must demonstrate the practical first aid skills, as indicated by the relevant Awarding Body
2. **Theory assessment** - Learners must answer a series of multiple-choice questions as outlined by the relevant Awarding Body

### What next?

Individuals achieving this qualification can progress onto:

- F-POS (I) or MIRA Level 4
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### Where can this course be taken?

At our Specialist Training Centre in Pulborough West Sussex or at a Suitable Business Facility provided by you

Qualification Number: 603/2132/5 Credit Value: 2