



**First Aid**  
Training Solutions  
Saving lives at work



QA Level 3 Award in

# First Aid at Work (Annual Refresher) (RQF)



3 hour  
course



Meets HSE  
recommendations



Recommended annually until first aid  
requalification training is required

## Be Prepared

Did you know that the HSE guidelines state that employers should ensure their first aiders remain competent to perform their role? As such, it is strongly recommended that first aiders undertake annual refresher training to practise their skills and update their knowledge on the latest first aid procedures.

The **QA Level 3 Award in First Aid at Work (Annual Refresher) (RQF)** qualification is specifically designed to allow qualified first aiders to update their first aid skills yearly, until requalification training is required. Successful candidates will leave with a renewed confidence, having had the opportunity to practise essential first aid procedures, as well as learn the latest techniques needed to deal with an emergency situation.

With all subjects covered in just 3 hours, this course is an ideal way to satisfy HSE requirements whilst minimising disruption to your organisation's day to day activities!

## What's Covered?

- ➕ Assessing an incident
- ➕ Managing an unresponsive casualty
- ➕ Recovery Position
- ➕ CPR and defibrillation
- ➕ Choking
- ➕ Seizures

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