



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



QA Level 3 Award in

# First Aid at Work (RQF) Requalifying Course



Ofqual  
regulated



2 day  
course



Certificate  
valid for 3 years

## Is Your Workplace Prepared?

**Did you know that all workplace first aiders must complete requalification training every 3 years in order to continue carrying out their role?**

The **QA Level 3 Award in First Aid at Work (RQF) Requalifying Course** is specifically designed to allow first aiders to renew their first aid at work qualification when their certificate is due to expire.

During this **2 day** course, candidates will have the opportunity to practise essential first aid procedures, as well as learn the latest techniques for dealing with emergency situations and managing injuries and illnesses in the workplace.

What's more, 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.

*\*All requalifying first aiders must have previously completed a First Aid at Work course.*

## What's Covered?

- ⊕ The role and responsibilities of a first aider
- ⊕ Assessing an incident
- ⊕ Managing an unresponsive casualty
- ⊕ CPR and defibrillation
- ⊕ Recovery Position
- ⊕ Heart Attack
- ⊕ Stroke
- ⊕ Choking
- ⊕ Epilepsy
- ⊕ Asthma
- ⊕ Diabetes
- ⊕ Anaphylaxis
- ⊕ Shock
- ⊕ Head and spinal injuries
- ⊕ Chest injuries
- ⊕ Wounds and bleeding
- ⊕ Fractures
- ⊕ Sprains, strains and dislocations
- ⊕ Minor injuries
- ⊕ Burns and scalds
- ⊕ Poisoning
- ⊕ Eye injuries

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