



## **AoFA Qualification Level 3 Award First Aid at Work Course**

This course is designed for anyone wanting to become an accredited first aider, particularly appropriate to companies where HSE guidelines recommend a trained first aider qualified in First Aid at Work. The course is held over three days and successful learners will be awarded a certificate that is valid for three years. This course will provide the basic skills and knowledge to undertake first aid in the workplace and will take into account hazards at work and the nature and type of illness or injury the learners may come across. Learners will be trained to give treatment and to recognise when it is necessary to get expert help.

### **Course content:**

- **Health and safety first aid regulations and the role of a first aider at work**
  - Duties of employers and the legal framework
  - First aid equipment and hygiene procedures
  - Record keeping
- **Action at an emergency**
  - Acting safely, promptly and effectively with emergencies at work
- **Primary survey of a casualty**
- **Secondary survey**
- **Unconscious casualty**
- **Casualty not breathing normally**
- **Obstructed airway and airway difficulties**
  - Mild and severe airway obstructions
- **Circulatory problems**
  - Shock, anaphylactic shock, heart attack
- **Control of bleeding**
  - Severe and minor bleeding: internal and external, nose bleeds, amputations, crush injuries, penetrating chest wound
- **Disorders of the brain**
  - Concussion, compression, fractured skull
- **Soft tissue and bone injury**
  - Sprains, strains, dislocations, fractures, spinal injury
- **Burns, scalds and poisons**
  - Gas or fume inhalation
  - Exposure to harmful substances

- **Eye injury**
  - Burns, dust, embedded objects, bleeding
  
- **Minor illness and medical Emergencies**
  - Stroke, asthmatic, epileptic and diabetic emergencies

**Additional information:**

The course contains practical scenarios which will include floor exercises. Theory and Practical Assessments will take place throughout the course. Learners may wish to wear comfortable clothing, due to the practical nature of the course. All successful delegates will receive an AoFAQ Certificate. The certificate will be valid for three years and 28 days from date of issue. The currency of the First Aid at Work qualification is only maintained if a re-qualification course is successfully completed within the three years and 28 days of the initial course date.

**Duration**

A three-day course that must be completed within 13 weeks. If the course is spread over thirteen weeks, each session must be of at least two hours in length.

If the course is run over three consecutive days, it will commence at 09.00 and finish at 16.30 with a break of 45 minutes for lunch.

**Cost**

£195 per learner for a course of 12 (minimum charge for 8).