



FIRST AID AT WORK (RQF)

Goal:

To equip participants with the knowledge and skills to respond confidently to workplace medical emergencies.

Target group:

Employees designated as workplace first aiders under the Health and Safety (First Aid) Regulations 1981.

Highlights:

- Comprehensive training covering medical emergencies and workplace-specific injuries.
- Fully compliant with HSE's First Aid at Work requirements.
- Hands-on practical learning with certified trainers.



Qualsafe Level 3, First Aid at Work



Course length

24 hours (3 days)



Instructor

1:12



Period of validity

3 years

Certification



Qualsafe Level 3 Award in First Aid at Work (RQF) certificate, with optional inclusion of catastrophic bleeding training.

Venue



Outreach Rescue training facilities in Llanllechid, Bangor or Raglan, Monmouthshire. On-site is also available by arrangement.

Description

Comprehensive three-day first aid training covering essential workplace emergency response, compliant with Health and Safety (First Aid) Regulations 1981.

The Qualsafe Level 3 Award in First Aid at Work (RQF) is designed for individuals tasked with workplace first aid responsibilities. Over three days, participants develop the skills to handle a wide range of emergencies, including administering CPR, managing injuries, and responding to medical conditions such as anaphylaxis and heart attacks. This course meets the Health and Safety Executive (HSE) standards, ensuring compliance with UK workplace regulations. Certification is valid for three years, with an optional annual refresher recommended to maintain skills.

Compliance:

Aligned with the Health and Safety (First Aid) Regulations 1981 and Resuscitation Council (UK) guidelines.

Previous knowledge:

There are no other formal entry requirements but we strongly recommend that Learners have a minimum of Level 1 in literacy and numeracy or equivalent.

Requirements:

Participants must be at least 14 years old on the first day of the training and be able to perform practical tasks at floor level.

Progression:

Re-qualification required within three years. Opportunities include advanced first aid courses or sector-specific qualifications.

Theoretical elements:

- Legal requirements for workplace first aid.
- Understanding the role of a first aider.
- Recognition and management of medical conditions, such as strokes and asthma attacks.

Practical elements:

- CPR and use of AEDs.
- Managing wounds, fractures, and bleeding.
- Performing secondary surveys and casualty assessments.