



## COURSE SYLLABUS

### First Aid at Work - Level 3 (RQF)

#### **Suitable For:**

All personnel in all industries.

#### **Course Aim:**

This course is designed to provide candidates with a knowledge and understanding of the principles and practice of First Aid as laid down in the Health and Safety (First Aid) Regulations 1981, to enable them to recognise cases of injury or illness, and provide First Aid treatment at the scene of an accident or incident.

#### **Course Content will include:**

- The Role & Responsibilities of the First Aider
- Incident and Casualty Assessment
- Cardiopulmonary Resuscitation (CPR) & Automated External Defibrillator (AED)
- Unresponsive casualty not breathing normally
- Unconscious casualty breathing normally
- Management of a seizure
- Choking casualty
- External Bleeding and Shock
- Minor Injuries
- Respiratory System, Circulatory System, Skeletal System
- Hypoxia
- Chest Injuries
- Sprains and Strains, Fractures / Dislocations
- Asthma and Hyperventilation
- Spinal Injuries, Head Injuries, Eye Injuries
- Shock, Anaphylaxis, Angina and Heart Attack
- Diabetes, Stroke, Epilepsy
- Poisonous Substances
- Burns and Scalds
- Catastrophic Bleeding

**The course is a mixture of theory and practical training / exercises.**

#### **Course Objectives:**

On successful completion of this course, candidates will be qualified in First Aid at Work and will have sufficient knowledge and practical skills to recognise cases of injury or illness and provide First Aid treatment at the scene of an accident or incident. Candidates will be able to:

- Understand the role and responsibilities of the emergency first aider
- Assess a first aid incident and assess a casualty
- Understand the basic functions of the respiratory system, circulatory system and skeletal system
- Manage an unresponsive casualty who is NOT breathing normally
- Manage an unresponsive casualty who is breathing normally
- Recognise and assist a casualty who is choking
- Manage a casualty with external bleeding
- Manage a casualty who is in shock
- Manage life threatening bleeding
- Manage a casualty with minor injuries
- Administer first aid to a casualty, including (but not limited to): suspected stroke, angina or heart attack, head injury, spinal injury, poisoning, burns or scalds, fainting.

**Venue:** Either on-site at clients' own premises or at an ITS Training Centre

**Duration:** 3 Days

**Candidates:** Up to 12 per course

**Certification:** ITS / Quallsafe Awards Certification