



COURSE SYLLABUS

First Aid at Work Requalification (Level 3)

Suitable For:

Personnel who hold a current and valid First Aid at Work certificate.

Course Aim:

This course is designed to refresh candidates' 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 of the First Aider
- Incident and Casualty Assessment
- Cardiopulmonary Resuscitation (CPR)
- Unconscious Casualty
- Choking
- External Bleeding and Hypovolaemic 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
- Poisons
- Burns and Scalds

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

Course Objectives:

On successful completion of this course, candidates will be re-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:

- 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 and hypovolaemic shock
- 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: 2 Days

Candidates: Up to 12 per course

Certification: ITS / Quallsafe Awards Certification