**First Aid at work - Why choose this course?**

The **3-day** **First aid at work course** is suitable for people aged 16+ who might need to provide first aid by responding to a wide range accidents, injuries and illnesses that they could encounter in their workplace.

It is ideal for organisations whose needs assessment has identified a requirement for additional first aid training, such as having employees with a disability or a medical condition.

**What is covered on a First aid at work course?**

In addition to the topics covered on the 1 day [**Emergency first aid at work**](https://www.redcrossfirstaidtraining.co.uk/courses/first-aid-at-work-courses-uk-mainland/scheduled-courses/emergency-first-aid-at-work/) course, this First aid at work course covers treatment for a variety of injuries and medical conditions.

Learners will develop the first aid skills and confidence to help someone who:

* is unresponsive and breathing
* is unresponsive and not breathing, including how to use an automated external defibrillator (AED)
* is choking
* is bleeding
* is suffering from shock
* has burns
* feels faint
* has been poisoned
* has a head injury
* has hypothermia or heat exhaustion
* has an injury to a bone, muscle or joint (including spinal injuries).

Learners will also be able to help a casualty who is having a:

* seizure
* heart attack, including the administration of aspirin
* angina attack
* stroke
* asthma attack
* severe allergic reaction
* diabetic emergency.

The course also includes information on:

* assessing a casualty
* monitoring a casualty
* where to get help
* electrical incidents
* accident recording and reporting
* the control of substances hazardous to health (COSHH).

**Learning and assessment**

Delivered in a classroom setting, this course offers a practical, hands-on approach that delivers the skills and confidence to use first aid skills in a real life situation. For added reassurance, each learner is assessed throughout the course using a range of practical demonstrations, question and answer sessions, quizzes and engaging activities, such as roleplay, designed to coach and support them.

To ensure you get the most effective learning experience, learners must be physically able to participate and we limit group size to 12 people.

Each learner receives a training pack including a host of resources to help them practice the skills covered. The pack includes a course companion workbook, first aid manual, bandages and more. Our courses meet and exceed the HSE's criteria for what is expected of training providers.

On successful completion of this course, you will receive a **First aid at work** certificate which is valid for three years by the British Red Cross. This course meets the requirements specified by the Health and Safety (First Aid) Regulations 1981.

The HSE requires 18 contact hours for this course. Learners must attend all sessions to be eligible for assessment, which is done by continuous observation and questioning during the course.

**FAQs**

**Is the First aid at work course a level 3 course?**

The First aid at work course is often referred to as a level 3 qualification. This is because the length and complexity of the skills covered meet the requirements for a level 3 qualification on the Recognised Qualifications Framework (RQF).

**What industries would typically need to use this course?**

The 3-day First aid at work course is suitable for larger organisations and/or high risk industries where the types of injuries or illnesses may be more serious. This course is routinely used by the construction industry (add others) to ensure their first aid provision has the right level of skills and knowledge to help in an emergency situation.

**How long does a First aid at work certificate last?**

First aid at work certificates are valid for 3 years from the date of issue. To ensure continued first aid provision you should requalify before your certificate expires.

**Does the First aid at work course include AED training?**

Yes. The First aid at work course includes AED training suitable for most workplaces. All learners will have hands on experience using an AED as part of their training.