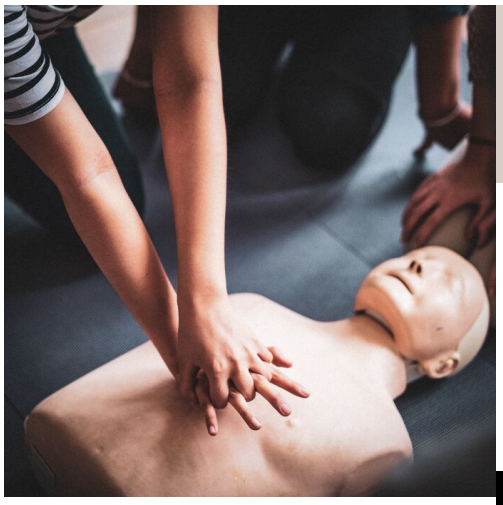
OUTREACH
RESCUE



FIRST AID AT WORK (RQF) RECERTIFICATION

Goal:

To renew workplace first aid certification and maintain readiness in handling emergencies in the workplace.

Target group:

Current workplace first aiders who need to renew their certification, with recently expired or expiring First Aid At Work (RQF) certification.
CITB-registered employers can claim grant funding for this training.

Highlights:

- Provides essential refresher training to keep first aid skills current.
- Renewal course aligned with HSE regulations for workplace first aiders.
- Combines assessment and skills reinforcement for qualified first aiders.

Qualsafe Level 3, First Aid at Work, Requalification

Course length

16 hours (2 days)

Instructor

1:12

Period of validity

3 years

Certification

Qualsafe

Venue

Llanllechid, Bangor, Gwynedd, North Wales, LL57 3HY or Raglan, Usk, South Wales, NP15 2BQ. Please contact us to discuss the possibility of delivering this course at alternate premises.

Description

The QA Level 3 Award in First Aid at Work (RQF) Recertification course is a streamlined two-day refresher, designed to reinforce the skills and knowledge of qualified first aiders whose certificates are due for renewal. This course reviews CPR, AED use, injury and illness management, and other key first aid techniques, ensuring first aiders remain compliant and effective. It meets the HSE's renewal requirements for workplace first aiders, providing confidence to respond promptly in emergencies.

Compliance:

This qualification complies with the Health and Safety (First Aid) Regulations 1981. Based on the Health and Safety Executive (HSE) training standard for delivery of Emergency First Aid atWork (EFAW) courses for the purposes of the Health and Safety (First Aid) Regulations 1981

Previous knowledge:

Must hold an in-date (or recently expired) First Aid at Work (FAW) certificate

Requirements:

Aged 14+. Physical ability for practical tasks at floor level.

Progression:

The Qualsafe Level 3 Award in First Aid at Work (RQF) may be used towards other qualifications at the same and higher level, plus aid career progression in a relevant profession.

Theoretical elements:

– Review of core responsibilities as a workplace first aider
– Legal and compliance aspects of first aid provision
– Updates to first aid procedures and regulatory guidelines

Practical elements:

– CPR and AED skills refresher
– Practical assessments on managing bleeding, choking, and other injuries
– Review and practice of injury management techniques, including handling unconscious casualties