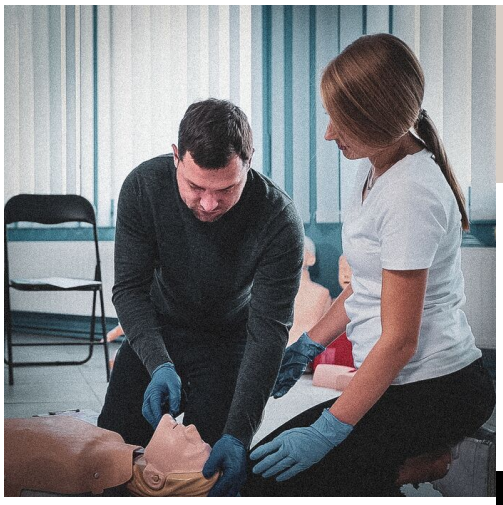
OUTREACH RESCUE



EMERGENCY FIRST AID AT WORK, LEVEL 3 (RQF)

Goal:

To equip participants with the confidence and skills to respond effectively to workplace emergency situations.

Target group:

Individuals with responsibilities for workplace first aid, or those working in voluntary and community roles requiring emergency response skills.
CITB-registered employers can claim grant funding for this training.

Highlights:

- Comprehensive emergency response skills in a single day.
- Fully compliant with HSE standards under the Health and Safety (First Aid) Regulations 1981.
- Practical and interactive training delivered by certified instructors.

Qualsafe Emergency First Aid at Work, Level 3 (RQF)

Course length

8 hours (1 day)

Instructor

1:12

Period of validity

3 years

Certification

Qualsafe Level 3 Award in Emergency First Aid at Work (RQF)

Venue

Outreach Rescue training facilities in Llanllechid, Bangor, Gwynedd or Raglan, Monmouthshire. This training can be provided on-site by arrangement.

Description

The Qualsafe Level 3 Award in Emergency First Aid at Work (RQF) delivers essential first aid training for individuals responsible for emergency response in the workplace. This one-day course covers the fundamental skills needed to assess and manage incidents, administer CPR, treat wounds, and assist unresponsive casualties. Designed to meet Health and Safety Executive (HSE) standards, this qualification ensures compliance and confidence in responding to workplace emergencies. Certification is valid for three years.

Compliance:

Aligned with HSE's Health and Safety (First Aid) Regulations 1981 and Resuscitation Council (UK) standards.

Previous knowledge:

No prior knowledge required, however Level 1 literacy and numeracy is recommended.

Requirements:

Learners must be at least 14 years old on the first day of the training and be physically capable of performing CPR and other practical first aid tasks.

Progression:

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

Theoretical elements:

– Understanding the role of a first aider.
– Legal requirements and responsibilities for workplace safety.
– Managing medical emergencies, such as seizures and choking.

Practical elements:

– CPR and use of an Automated External Defibrillator (AED).
– Treating wounds, bleeding, and shock.
– Recovery position and casualty assessment.