

HS First Aid Training

Level 2 Award Emergency First Aid at Work (QCF) 1 Unit

Qualification

This qualification is based on the HSE training standard for delivery of First Aid at Work courses for the purposes of the Health and Safety (First-Aid) Regulations 1981. The aim of the qualification is to enable learners to attain the knowledge and competencies needed to deal with a range of emergency first aid situations. Learners should be able to demonstrate the practical administration of safe, prompt, effective first aid in emergency situations with an understanding of the role of the first aider.

Who should attend?

Where an employer has carried out a risk assessment and identified a need for a First Aider or, anyone wanting a basic first aid course. Potential First Aiders should possess an aptitude to absorb knowledge & skills, be able to cope with stressful and physically demanding situations and have duties that do not prevent them going immediately to an emergency.

Course Duration

The course is 1 day (6 hours contact time)

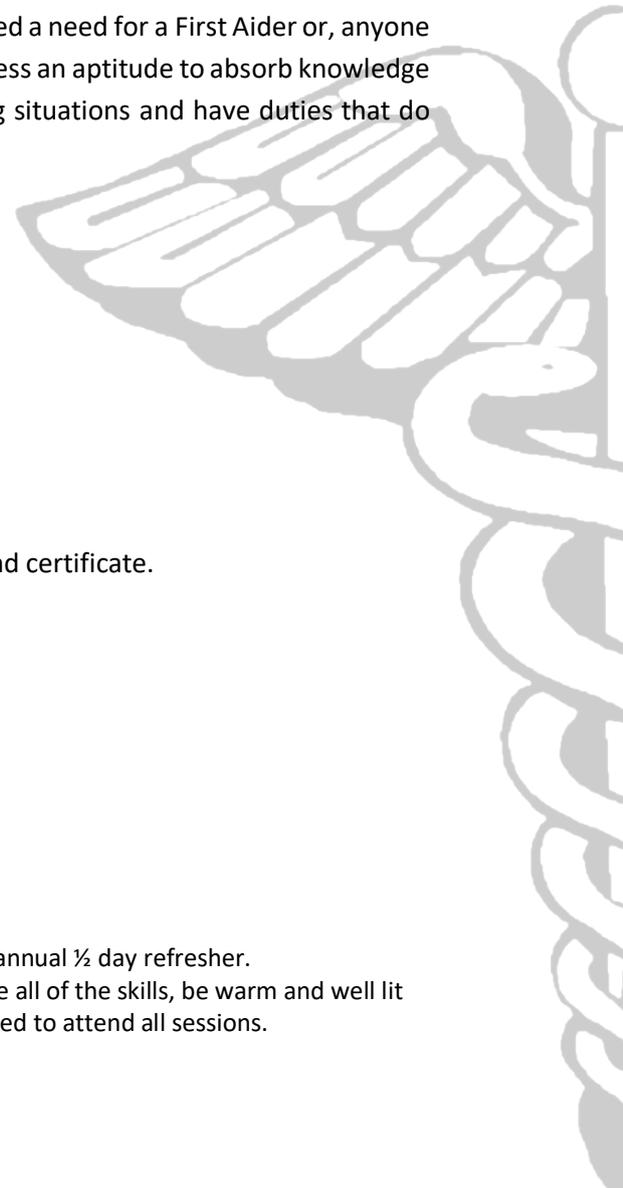
Cost

The cost includes all training materials, manuals, refreshments and certificate.

| | |
|--------------|----------------------|
| | £60 pp |
| Group rate** | £550 (max 12 people) |

*The HSE strongly recommend that you update your skills by taking an annual ½ day refresher.

** For in house courses the venue must have sufficient space to practice all of the skills, be warm and well lit and free from noise. Staff should not be expected to be on duty and need to attend all sessions.



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What will I learn?

The syllabus for this course is laid down by the HSE and Skills for Health and awarded by Quallsafe Awards, an OFQUAL approved awarding body. However, the course can be tailored to your work environment. This can be achieved via phone or a site visit. Additional skills such as medical gases, anaphylaxis and defibrillation can be added to the course.

Understand the role and responsibilities of a first aider

- 1.1 Identify the role and responsibilities of a first aider
- 1.2 Describe how to minimise the risk of infection to self and others
- 1.3 Identify the need for establishing consent to provide first aid
- 1.4 Complete accident report form
- 1.5 Identify the first aid equipment that should be available in a workplace
- 1.6 Describe the safe use of first aid equipment

Be able to assess an incident

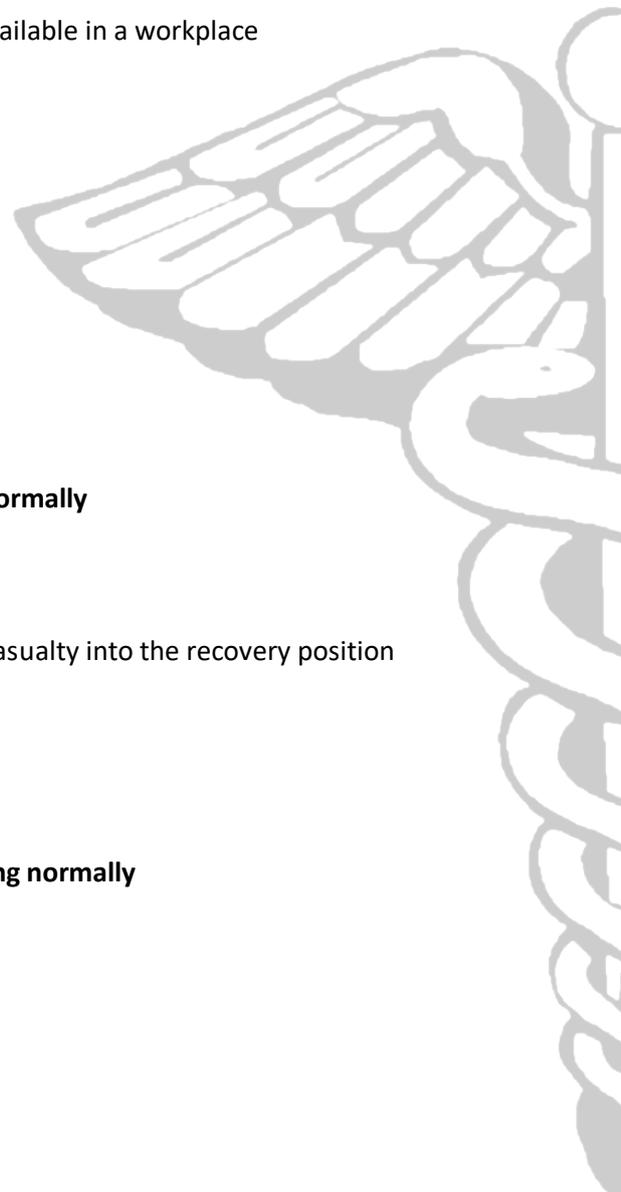
- 2.1 Conduct a scene survey
- 2.2 Conduct a primary survey of a casualty
- 2.3 Give examples of when to call for help

Be able to manage an unresponsive casualty who is breathing normally

- 3.1 Assess a casualty's level of consciousness
- 3.2 Open a casualty's airway and check breathing
- 3.3 Explain why it is important to place an unconscious casualty into the recovery position
- 3.4 Place unconscious casualty in the recovery position
- 3.5 Manage a casualty who is in seizure

Be able to manage an unresponsive casualty who is not breathing normally

- 4.1 Recognise the need to commence CPR
- 4.2 Demonstrate CPR using a manikin



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Be able to recognise and assist a casualty who is choking

- 5.1 Describe how to identify a casualty with a: • Partially blocked airway • Completely blocked airway
- 5.2 Administer first aid to a casualty who is choking

Be able to manage a casualty with external bleeding

- 6.1 Identify the types of external bleeding
 - 6.11 Recognise life threatening bleeding
- 6.2 Control external bleeding
 - 6.21 *Know how to control life threatening bleeding with wound packing and haemostatic dressing**
 - 6.22 *Know how to control life threatening bleeding using a tourniquet**
 - 6.23 *Demonstrate how to control life threatening bleeding using haemostatic dressings and a tourniquet**

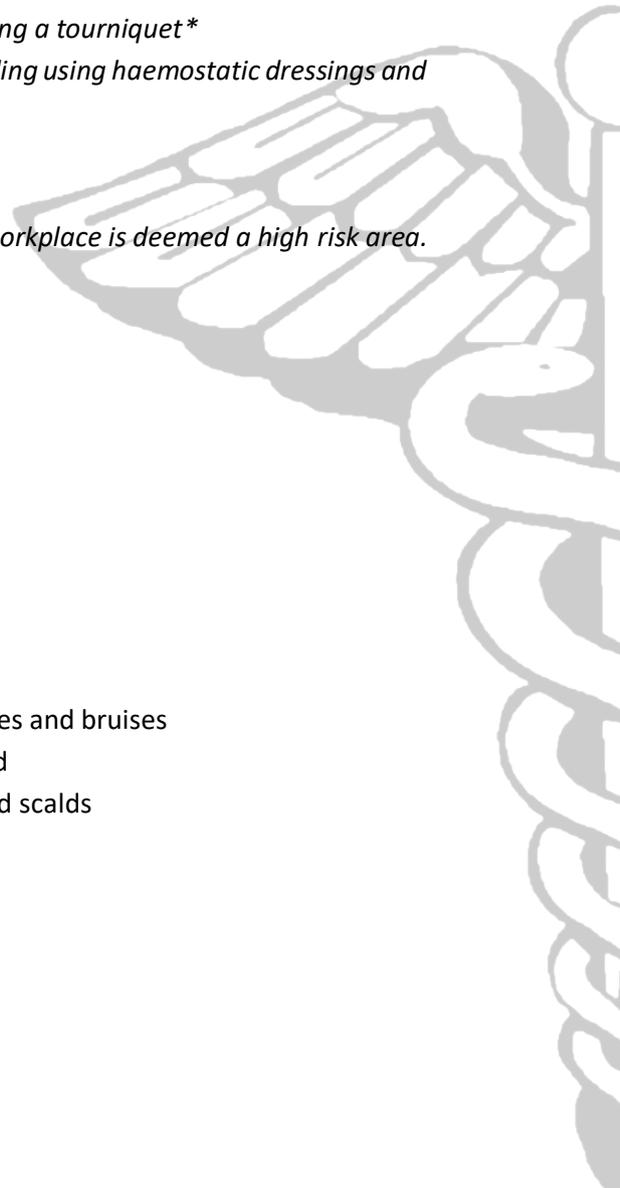
**These items are not routinely taught, they can be taught if the workplace is deemed a high risk area. i.e tree surgery, slaughter house, large machinery.*

Be able to manage a casualty who is in shock

- 7.1 Recognise shock
- 7.2 Administer first aid to a casualty who is in shock

Be able to manage casualty with a minor injury

- 8.1 Administer first aid to a casualty with small cuts, grazes and bruises
 - 8.11 Administer first aid to a casualty with a nosebleed
- 8.2 Administer first aid to a casualty with minor burns and scalds
- 8.3 Administer first aid to a casualty with small splinters



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Assessment

The assessment consists of an exam and practical assessments. The theory assessment consists of 20 multiple choice questions taken at the end of the day. Practical assessments will be continually assessed throughout the course, but the learner will specifically be required to demonstrate the following.

CPR on a resuscitation manikin on the floor

The treatment of an unconscious casualty who is on the floor

The treatment of bleeding including dressings and shocked casualty position.

(If catastrophic haemorrhage management has been taught, the practical assessment of it's management using tourniquets and specialist dressing will also be assessed)

Certification

The learner will receive a certificate on achieving the qualification and learners will also receive a wallet sized plastic card, which include a brief pictorial guide to CPR and details of when refresher and requalification courses should be undertaken.

The date of certification is based on the achievement of the final unit and the validity will be three years from that date.

