

# HS First Aid Training

## Level 3 Award First Aid at Work (QCF) (2 units)

### 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 fully qualified First Aider or, anyone wanting a comprehensive 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 3 days (18 hours contact time)

### Cost

The cost includes all training materials, manuals, first aider badge, assessor costs, refreshments and certificate.

Individual	£200pp
Group rate	£1500 (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.



QUALSAFE AWARDS  
REGISTERED CENTRE  
Centre No.: 0905197

HS First Aid Training

110 Little Breach

Chichester

West Sussex

PO19 5TZ

e : [info@hsfirstaidtraining.co.uk](mailto:info@hsfirstaidtraining.co.uk)

t : 0800 612 9029

w : [www.hsfirstaidtraining.co.uk](http://www.hsfirstaidtraining.co.uk)

# HS First Aid Training

## 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.

## Unit 1

### Understand the role and responsibilities of a first aider.

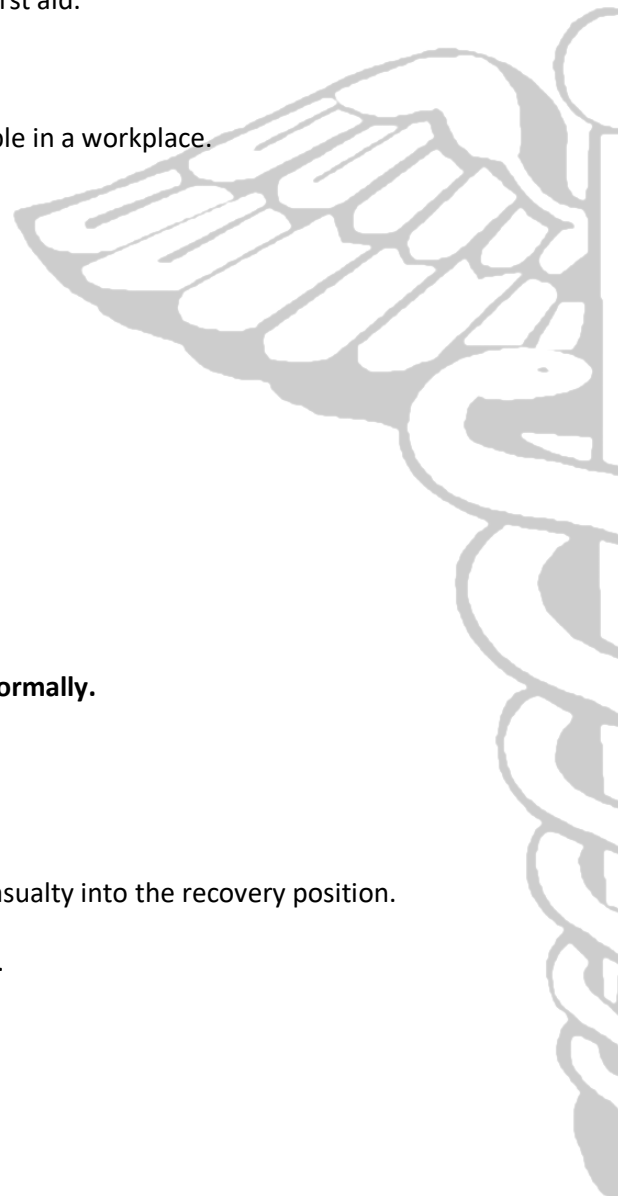
- 1.1 Identify the role and responsibilities of an emergency first aider.
- 1.2 Describe how to minimise the risk of infection to self and others.
- 1.3 Identify the need of establishing consent to provide first aid.
- 1.4 Complete an accident report form.
- 1.5 Identify the first aid equipment that 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 into the recovery position.
- 3.5 Manage a casualty who is in seizure.



# HS First Aid Training

## **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.

Demonstrating safe use of an AED now forms part of this first aid course from 01.12.16

## **Be able to recognise and assist a casualty who is choking.**

- 5.1 Describe how to identify a casualty with a partially and completely blocked airway.
- 5.2 Administer first aid to a casualty who is choking.

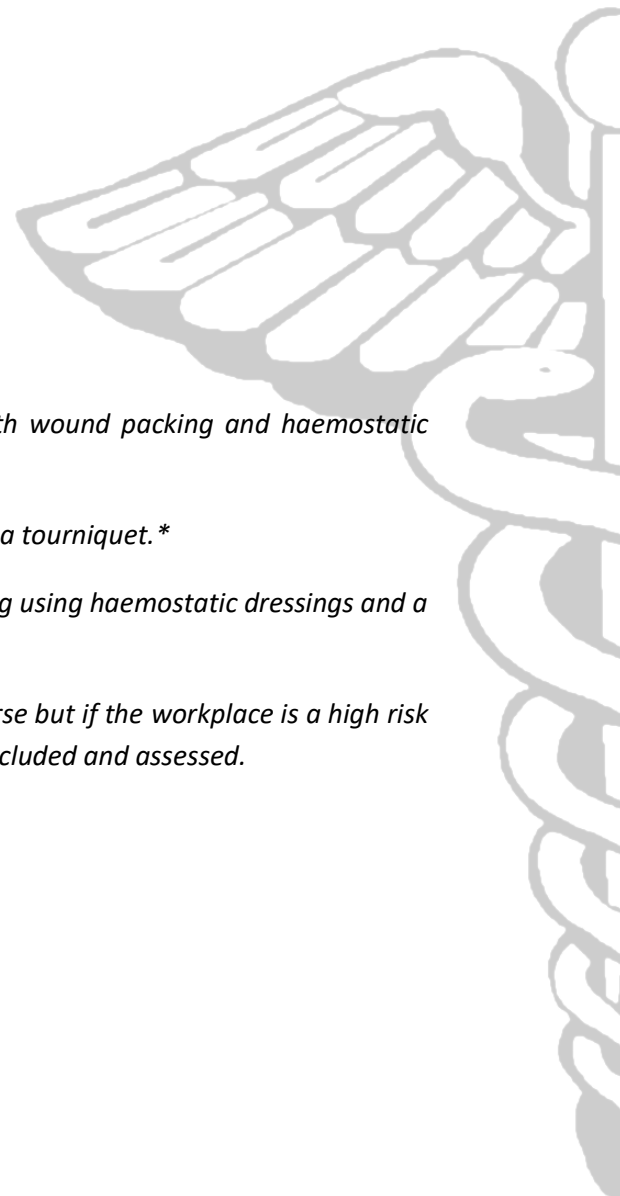
## **Be able to manage a casualty with external bleeding.**

- 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 dressings.\**
  - 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 subjects are not routinely taught on a first aid course but if the workplace is a high risk environment: i.e butchery, tree surgery then this will be included and assessed.*

## **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.



QALS SAFE AWARDS  
REGISTERED CENTRE  
Centre No.: 0905197

HS First Aid Training

110 Little Breach

Chichester

West Sussex

PO19 5TZ

e : [info@hsfirstaidtraining.co.uk](mailto:info@hsfirstaidtraining.co.uk)

t : 0800 612 9029

w : [www.hsfirstaidtraining.co.uk](http://www.hsfirstaidtraining.co.uk)

# HS First Aid Training

**Be able to manage a casualty with a minor injury.**

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



QASAFE AWARDS  
REGISTERED CENTRE  
Centre No.: 0905197

HS First Aid Training

110 Little Breach

Chichester

West Sussex

PO19 5TZ

e : [info@hsfirstaidtraining.co.uk](mailto:info@hsfirstaidtraining.co.uk)

t : 0800 612 9029

w : [www.hsfirstaidtraining.co.uk](http://www.hsfirstaidtraining.co.uk)

# HS First Aid Training

## Unit 2 – Recognition and management of illness and injury in the workplace

### Be able to conduct a secondary survey.

- 1.1 Identify the information to be collected when gathering a casualty history.
- 1.2 Conduct a head to toe survey.

### Be able to administer first aid to a casualty with injuries to bones, muscles and joints.

2.1&2.2 Recognise and administer first aid for suspected;

- Fractures
- Dislocations
- Sprains and strains

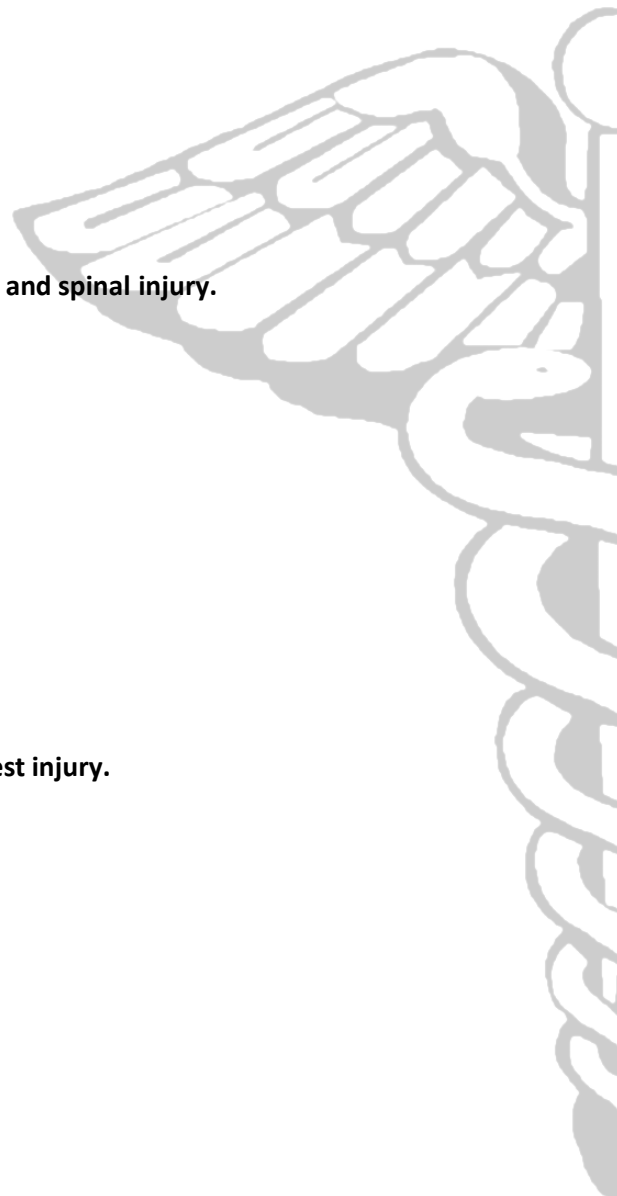
### Be able to administer first aid to a casualty with suspected head and spinal injury.

3.1&3.2 Recognise and administer first aid for suspected;

- Concussion
- Skull Fracture
- Cerebral Compression
- Spinal Injury

### Be able to administer first aid to a casualty with a suspected chest injury.

- 4.1 Recognise the different types of chest injuries.
- 4.2 Administer first aid for a chest injury.



# HS First Aid Training

## **Be able to administer first aid to a casualty with burns and scalds.**

5.1 Recognise the factors that affect the severity of burns and scalds.

5.2 Administer first aid for burns involving;

- Dry heat
- Wet heat
- Electricity
- Chemicals

## **Be able to administer first aid to a casualty with an eye injury.**

6.1 Give examples of common eye injuries.

6.2 Administer first aid for eye injuries involving;

- Dust
- Chemicals
- Embedded

## **Be able to administer first aid to a casualty with sudden poisoning.**

7.1 Identify the routes that poisons can take to enter the body.

7.2 Administer immediate first aid to a casualty affected by sudden poisoning.

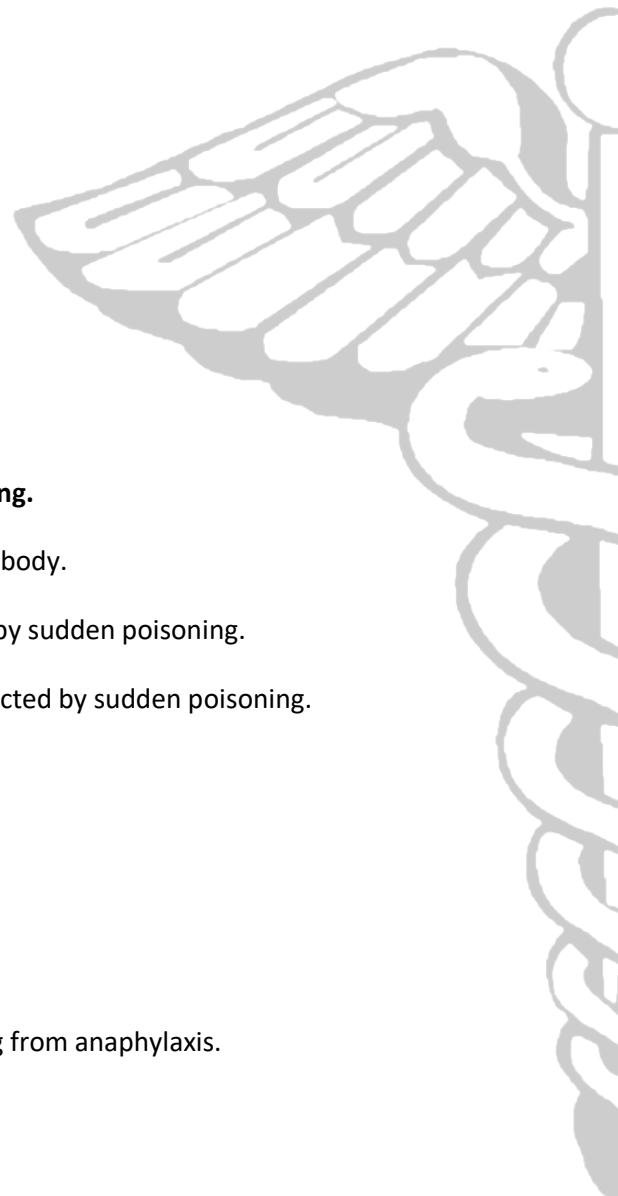
7.3 Identify sources of information for treating those affected by sudden poisoning.

## **Be able to administer first aid to a casualty with anaphylaxis.**

8.1 Identify common triggers for anaphylaxis.

8.2 Recognise anaphylaxis.

8.3 Administer immediate first aid for a casualty suffering from anaphylaxis.



# HS First Aid Training

**Be able to provide first aid to a casualty with suspected major illness.**

9.1 Recognise major illnesses including heart attack, stroke, epilepsy and diabetes.

9.2 Administer first aid to a casualty suffering from major illnesses including heart attack, stroke, epilepsy and diabetes.



QASAFE AWARDS  
REGISTERED CENTRE  
Centre No.: 0905197

HS First Aid Training

110 Little Breach

Chichester

West Sussex

PO19 5TZ

e : [info@hsfirstaidtraining.co.uk](mailto:info@hsfirstaidtraining.co.uk)

t : 0800 612 9029

w : [www.hsfirstaidtraining.co.uk](http://www.hsfirstaidtraining.co.uk)

# HS First Aid Training

## Assessment

The assessment consists of an two exams and five practical assessments. The theory assessment will take place at the end of day one and day three and consists of multiple choice questions. The 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

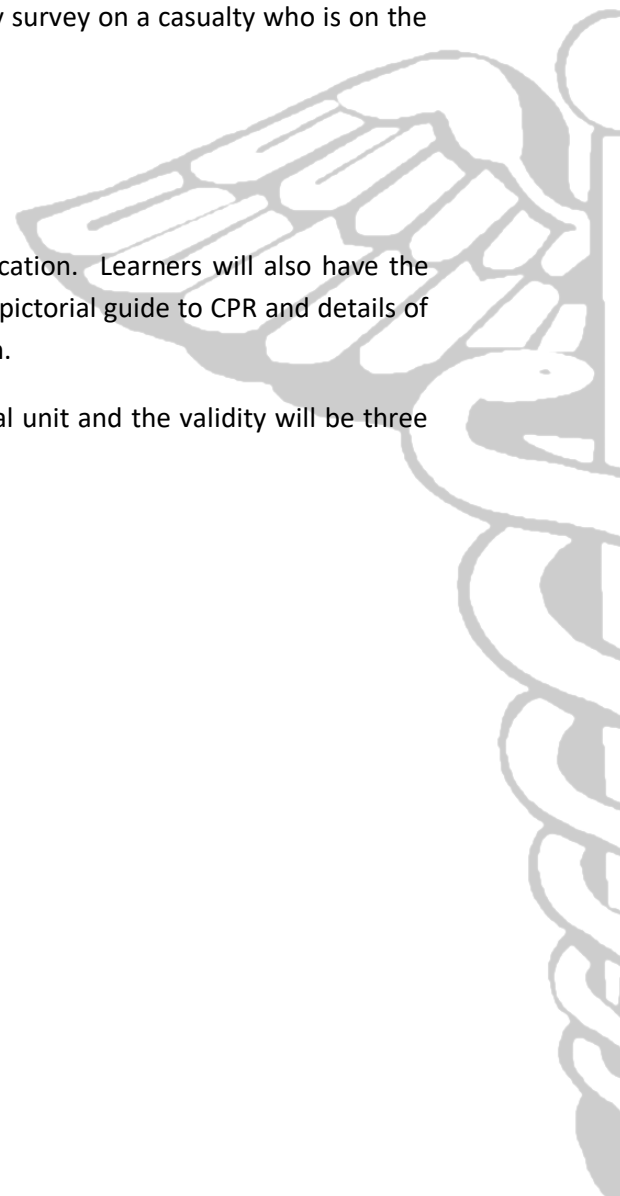
Demonstrate the treatment of bleeding including the application dressings and shocked casualty positioning (also application of tourniquet and haemostatic dressings if high risk)

Demonstrate the application of a support and elevation sling and Manual Inline Stabilisation for suspected spinal injury and demonstrate a secondary survey on a casualty who is on the floor.

## Certification

The learner will receive one certificate on achieving the qualification. Learners will also have the option of having wallet sized plastic cards, 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.



QUALSAFE AWARDS  
REGISTERED CENTRE  
Centre No.: 0905197

HS First Aid Training

110 Little Breach

Chichester

West Sussex

PO19 5TZ

e : [info@hsfirstaidtraining.co.uk](mailto:info@hsfirstaidtraining.co.uk)

t : 0800 612 9029

w : [www.hsfirstaidtraining.co.uk](http://www.hsfirstaidtraining.co.uk)