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## **Course Outline**

### **RQF First Aid at Work Certificate**

Course length: 3 days

Qualification: TQUK Level 3 Award in First Aid at Work (RQF)

Syllabus:

- Assessment of 1<sup>st</sup> aid scene & safety
- Primary assessment of casualty
- Secondary assessment of casualty for life threatening injuries
- Recovery position
- CPR including infant resuscitation
- Unconsciousness
  - Head injuries
  - Fainting
  - Asphyxia
  - Heart attack
  - Stroke
  - Epilepsy
  - Diabetes
  - Poisoning
- Anaphylaxis
- Asthma
- Fractures
- Bandaging
- Dislocation
- Soft tissue injuries



- Eye injuries
- Shock
- Wounds & bleeding
- Burns & scalds
- Hygiene at first aid scenes
- Manual handling at first aid scenes
- Legislation, accident book, RIDDOR & contents of 1<sup>st</sup> aid box

Cost: £165 per person + VAT

2 day refresher: £110 per person + VAT

Courses: Open – call for details  
In-house – by arrangement

