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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 1st 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



TQUK approved training centre

Singleton Training Services Ltd 2026 FA22 v2.1



Highfield approved training centre

Approved Centre



RSPH approved training centre

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

Cost: £200 per person + VAT

2 day refresher: £140 per person + VAT

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



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