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Courses – First Aid

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Level 3 Award in First Aid at work (FAW) 3-Day

This comprehensive 3 day regulated First Aid at Work course which conforms with HSE guidance, is designed for people who want to receive a higher level of first aid training. It is most suited to those working in high-risk environments, such as construction, sites or warehouses and gives learners the vital skills necessary to diagnose and treat injuries or illness, with an emphasis on dealing with life threatening situations until professional help arrives.

Successful Candidates will receive a regulated qualification which is valid for 3 years.

What does this FAW course cover?

- CPR and defibrillators (AEDs)
- Choking
- Recovery Position
- Catastrophic Bleeding
- Incident Reporting
- Minor Injuries
- Burns and Scalds
- Respiratory System
- Hypoxia
- Asthma
- Hyperventilation
- Chest Injuries
- Shock
- Anaphylaxis
- Circulatory System
- Internal Bleeding
- Angina and Heart Attack
- Stroke
- Poisons
- Epilepsy/Seizures
- Diabetes
- Skeletal System
- Fractures/Dislocations
- Sprains and Strains
- Head Injuries
- Spinal Injuries
- Secondary Survey

Level 3 Award in First Aid at work (FAW)

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Level 3 Award in Emergency First Aid at work (EFAW) 1 Day

This one day regulated Emergency First Aid at Work qualification is especially suited for nominated first aiders in smaller, low risk working environments such as offices and shops. This course equips learners with the skills and confidence to deal with common workplace incidents until professional medical help arrives. Successful candidates will receive a regulated qualification which is valid for 3 years.

What does this EFAW course cover?

- CPR and defibrillators (AEDs)
- Choking
- Recovery Position
- Catastrophic Bleeding
- Incident Reporting
- Minor Injuries
- Burns and Scalds



Paediatric First Aid

2 Day

This course is suitable for people who care for babies and children in a professional setting, such as nannies, childminders, nursery and pre-school workers, crèche leaders, sport and leisure staff. In line with the statutory framework for the Early Years Foundation Stage, this course can be used as evidence for an NVQ in childcare and education and is recognised by OFSTED. Successful candidates will receive a regulated qualification which is valid for 3 years.

This course will cover the following:

- Allergic reaction
- Bites and stings
- Bone, joint and muscle injuries
- Burns and scalds
- Child and baby resuscitation (CPR)
- Childhood conditions
- Choking baby
- Choking child
- Communication and casualty care
- Eye injuries
- Foreign objects
- Head injuries
- Heat and cold extremes
- Low blood sugar
- Managing an emergency
- Meningitis
- Minor and severe bleeding
- Poisons and what to do if someone has been poisoned
- Role of the first aider (including knowledge of health and safety regulations)
- Seizures
- Shock
- Spinal injuries
- Unresponsive baby
- Unresponsive child



Paediatric First Aid 1 Day

This course will teach you to understand the role and responsibilities of the emergency paediatric first aider, have the ability to assess an emergency situation, and prioritise your actions.

This course will cover the following:

- Anaphylaxis
- Bleeding
- Child and baby resuscitation (CPR)
- Choking child or baby
- Communication and casualty care
- Fainting
- Managing a situation
- Role of the first aider
- Seizures
- Shock
- Unresponsive child or baby



AED with Life Support Half Day

This course is suitable for people who do not have a current first aid certificate but want to learn how to use an automated external defibrillator (AED).

What is covered?

- helping someone who is unresponsive and breathing.
- helping someone who is unresponsive and not breathing.
- how to use an AED.
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On successful completion of this course, you will receive an AED with life support certificate which is valid for three years.



First Aid for Teachers

Suitable for learners who work in a school environment. It is ideal for teachers and other school staff.



First aid at work requalification 2 Day

This course is designed to refresh and requalify first aiders that have previously been awarded a full First Aid at Work (FAW) certificate.

