

Level 3 Emergency First Aid at Work

Duration:

3 days

Aim:

This course is based on the Level 3 Award in Emergency First Aid at Work by the Chartered Institute of Environmental Health. Candidates who successfully complete the course will be able to act as a first aider in a range of workplaces.

Objectives:

By the end of the course candidates should be able to;

- Understand what is required of a First Aider
- Be able to undertake a basic examination of a casualty
- Recognise common types of injury/ill-health situations that First Aiders are most likely to encounter
- Deal with common types of injury/ill-health situations
- Undertake a secondary survey of a casualty
- Deal with common limb injuries and a range of common illnesses and conditions

Contents:

The training programme for Unit 1 covers the following topics:

- roles and responsibilities of a first aider
- assessing an incident
- unconscious casualties
- cardiopulmonary resuscitation
- choking
- external bleeding
- shock
- minor injuries

The training programme for Unit 2 covers the following topics:

- secondary survey
- injuries to bones, joints and muscles
- suspected head and spinal injuries
- chest injuries
- burns and scalds
- eye injuries
- sudden poisoning
- anaphylaxis
- major illnesses

Certification:

The Institute of Health and Safety