

First Aid At Work – Level 3

Training delivered at our Corby training centre or on your site by qualified & experienced medical instructors. Training includes nationally accredited certification awarded on successful completion. Course advisable for companies seeking HSE compliance with a large workforce and/or elevated risk of workplace injury.

COURSE AIM:

To enable delegates to be responsible for providing first aid within the workplace.

PRE-REQUISITES:

Minimum of level 2 English language. Able to achieve physical elements of training.

WHO SHOULD ATTEND: Any person responsible for application of first aid within the workplace

COURSE CONTENT: Role of the first aider, Summary of regulations & current legislation, Assessing the situation in a medical emergency, Reporting & recording of incidents & accidents, Safe use of an automated external defibrillator (AED). Additionally:

- deliver cardio pulmonary resuscitation & AED
- achieve primary & secondary patient survey
- respond to partial or full choking
- respond to wounds inc. critical bleed injury
- respond to skeletal or spinal injury
- respond to poisoned, burnt or scalded casualty
- respond to stroke or cerebral accident
- respond to chest or abdominal injury
- respond to cardiac related condition
- respond to sprain/strain injury
- has temperature related condition or seizure
- respond to asthmatic or diabetic condition
- respond to allergic reaction or anaphylaxis
- handover to emergency services

PRACTICAL CONTENT:

- Able to demonstrate Cardio Pulmonary Resuscitation (CPR) & safe use of AED
- Able to demonstrate patient being placed in to recovery position
- Able to demonstrate first aid techniques inc. response to choking & critical wound care

ASSESSMENTS: Question papers & practical exercises

COURSE DURATION: 3 Day's

REQUALIFICATION:

- 2 day First Aid At Work Requalification every 3 years (valid up to certificate expiry date)
- 3 hour First Aid Annual Refresher (practical training advised by HSE during years 1 & 2)

MAXIMUM DELEGATES: 12

COURSE COST: £240+VAT per delegate

2026 COURSE DATES LISTED ON WEBSITE