

FIRST AID FOCUS TRAINING CENTRE

Qualsafe Training Centre - Center Number: 905072

First Aid at Work (RQF)

📖 Blended Learning Course | 1 Day Online + 2 Days In-Person Training | Up to 3 weeks to complete Day 1 online

🏆 3 DAY COURSE

📜 OFQUAL REGULATED

🕒 3 YEAR CERTIFICATE

👜 Why This Course?

🚨 **It's the Law!** The Health and Safety (First Aid) Regulations 1981 require employers to ensure immediate attention for workplace injuries.

✅ **Qualsafe Level 3 Award in First Aid at Work (RQF)**
HSE-aligned syllabus • Fully regulated qualification

🎯 Perfect for:

Anyone wanting to become a confident workplace first aider with essential emergency skills!

💡 **Employers:** Rest assured you're meeting all legal requirements!

🎯 Complete Course Content

Role & responsibilities of first aider

• Incident & casualty assessment	• CPR & AED (defibrillation)
• Unconscious casualty management	• Choking emergency response
• Shock recognition & treatment	• External bleeding & wound care
• Minor injuries (cuts, burns, bruises)	• Hypoxia recognition & treatment
• Epilepsy & seizure management	• Diabetes emergencies
• Asthma & respiratory conditions	• Hyperventilation management
• Burns & scalds (all types)	• Eye injuries
• Poisoning incidents	• Anaphylaxis response
• Chest injuries	• Heart conditions & heart attack
• Stroke recognition & treatment	• Fractures, dislocations & sprains
• Spinal injury management	• Multiple choice assessment
• Practical assessments throughout	

📞 Contact First Aid Focus

Qualsafe Training Centre - Center Number: 905072

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