

# FIRST AID FOCUS TRAINING CENTRE

Qualsafe Training Centre - Center Number: 905072

## First Aid at Work (RQF) - Requalifying Course

Blended Learning | 6 Hours Pre-Learning + 1 Day Face-to-Face | Renewal Course

REQUALIFYING

OFQUAL REGULATED

3 YEAR CERTIFICATE

BLENDED LEARNING

### Why This Requalifying Course?

**⚡ Renew Your Certification!** Perfect for those who already hold a First Aid at Work qualification that's due for renewal.

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

### Perfect for:

**Current First Aiders** needing to renew their Level 3 First Aid at Work qualification.

**💡 Ideal for:** Workplace first aiders whose certificates are due to expire within 3 months.

**⚡ Blended Learning:** Complete theory online at your own pace, then attend one day for practical skills and assessments!

**🔄 Renewal Requirements:** Must hold a current or recently expired (within 28 days) First Aid at Work certificate.

### Complete Course Structure

#### 6 Hours Pre-Learning (Online)

- Role & responsibilities of first aider
- Incident & casualty assessment
- Secondary survey techniques
- Hypoxia recognition & treatment
- Epilepsy management
- Diabetes emergencies
- Asthma & respiratory system
- Hyperventilation
- Burns & scalds (all types)
- Eye injuries
- Poisons management
- Anaphylaxis
- Chest injuries
- Circulatory system
- Heart conditions (angina/heart attack)
- Stroke recognition & treatment
- Fractures, dislocations, sprains
- Spinal injuries

#### 1 Day Face-to-Face (Practical)

- CPR & AED practical assessment
- Unconscious casualty management
- Seizure management
- Choking casualty assessment
- External bleeding & shock
- Wounds & bleeding assessment
- Minor injuries treatment
- Catastrophic bleeding (optional)
- Tourniquet application (optional)
- Fracture management
- Support & elevated slings
- Head & spinal injuries
- Manual Inline Stabilisation
- Secondary survey practical
- Anaphylaxis management
- Multiple choice theory test
- All practical assessments

### Contact First Aid Focus

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