

# FIRST AID FOCUS TRAINING CENTRE

Qualsafe Training Centre - Center Number: 905072

## Emergency First Aid at Work (RQF)


 Comprehensive 1-Day Course | In-Person Training | Practical Skills Focus


 1 DAY COURSE

 OFQUAL REGULATED

 3 YEAR CERTIFICATE


### Why This Course?


 **Essential Emergency Skills!** Perfect for smaller workplaces and those who need core first aid knowledge for emergency situations.

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

### Perfect for:

**Small to medium workplaces** requiring emergency first aid coverage.

 **Ideal for:** Offices, shops, and businesses needing essential emergency response skills.

 **Quick & Effective:** Learn life-saving skills in just one intensive day!

### Complete Course Content

#### Emergency First Aid Skills & Assessment

• Role & responsibilities of first aider	• Infection control & consent
• Incident reporting procedures	• Scene survey & primary assessment
• Calling for help effectively	• CPR for adults
• AED (defibrillator) operation	• Unresponsive casualty management
• Unconscious casualty (breathing)	• Seizure management
• Choking emergency response	• Shock recognition & treatment
• External bleeding control	• Wound assessment & care
• Minor injuries treatment	• Cuts, grazes & bruises
• Splinter removal	• Minor burns & scalds
• Nosebleed management	• Catastrophic bleeding (optional)
• Tourniquet application (optional)	• Practical assessments
• Multiple choice theory test	

### Contact First Aid Focus

Qualsafe Training Centre - Center Number: 905072

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