



Mantra Training  
First Aid Specialists

# FIRST AID AT WORK

## LEVEL 3

### FAA LEVEL 3 AWARD IN FIRST AID AT WORK

(RQF)

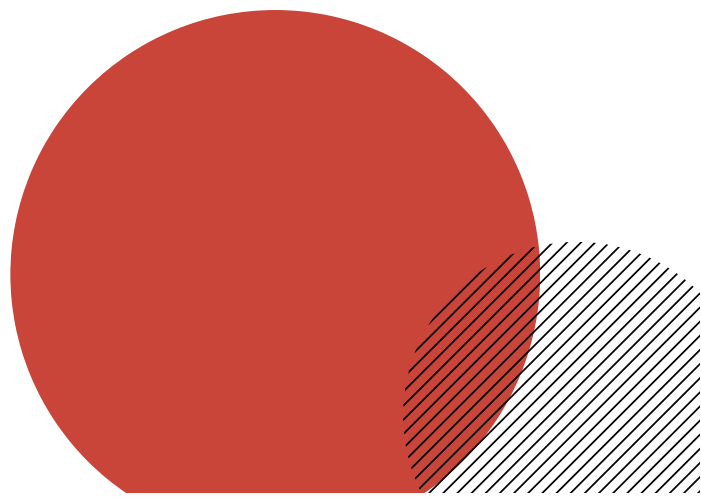
Where a first aid needs assessment identifies the necessity for a first aider in the workplace, this three-day qualification meets the requirements of the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982. The learner will gain the knowledge and practical competence required to deal with a wide range of workplace first aid situations. The qualification is also suitable for people with responsibility for the provision of first aid in other settings such as voluntary and community groups.

**Entry Requirements** The qualification is available to learners aged 14 or over but a learner cannot assume the responsibility of being a first aider in the workplace until they reach the age of 16. It is recommended that learners hold a minimum of level 1 in literacy or equivalent to undertake this qualification. Due to practical elements of this course Learners will need to be able to perform CPR on the floor.

**Qualification Delivery** The qualification has 18 assigned guided learning hours (GLH). GLH indicates the number of contact hours that the learner will undertake being taught or assessed under the immediate guidance or supervision of the trainer/assessor in the classroom. It is an HSE requirement that the minimum classroom contact time of 18 hours must be delivered over a minimum of 3 days. The course can be completed over a maximum of 10 weeks ensuring that each session is a minimum of two hours. The learner ratio for the qualification is a maximum of 12 learners to 1 trainer/assessor.

**Certification** The qualification is valid for three years from the date of achievement. It is strongly recommended by the Health and Safety Executive that the learner attends annual refresher training.

**Price per course:** bespoke Quotes can be requested via E-mail.





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Syllabus A range of subjects are covered including:-

- Legalities, responsibilities and reporting
- Control of bleeding
- Poisoning
- Asthma
- Dealing with an unresponsive casualty
- Shock (including Anaphylaxis)
- Bandaging
- Diabetes
- Fractures and spinal injuries
- Heart attacks
- Choking
- Stroke
- Resuscitation and AED awareness
- Head injuries
- Eye injuries
- Burns
- Assessment of the situation
- Sprains and strains
- Chest injuries
- Epilepsy

