



AoFA Qualifications Level 3 First Aid at Work Re-Qualification Course

An AoFAQ Re-qualification First Aid at Work Course, which leads to a certificate that is valid for three years. This course will revise the basic skills and knowledge to undertake first aid in the workplace to the competency levels specified by the health & safety executive. Training will be focused on first aid within the workplace and will take into account hazards at work and the nature and type of illness or injury the delegates may come across. Delegates will be re-trained to give treatment and to recognise when it is necessary to get expert help.

Revision in:

- **Health & Safety First Aid Regulations and the role of a first aider at work**
 - Duties of employers and the legal framework
 - First Aid equipment and hygiene procedures
 - Record keeping
- **Action at an emergency**
 - Acting safely, promptly and effectively with emergencies at work
- **Primary survey of a casualty**
- **Secondary survey of a casualty**
- **Unconscious casualty**
- **Casualty who is not breathing normally**
- **Obstructed airway and airway difficulties**
 - Non-breathing and conscious choking
- **Circulatory problems**
 - Shock, anaphylactic shock, and heart attack
- **Control of bleeding**
 - Severe and minor bleeding: internal and external, nose bleeds, amputations, crush injuries, penetrating chest wound
- **Disorders of the brain**
 - Concussion, compression, fractured skull
- **Soft tissue and bone injury**
 - Sprains, strains, dislocations, fractures, spinal injury
- **Burns, scalds and poisons**
 - Gas or fume inhalation
 - Exposure to harmful substances

- **Eye injury**
 - Burns, dust, embedded objects, bleeding

- **Minor illness and medical emergencies**
 - Asthmatic, epileptic and diabetic emergencies

Practical and Theory Assessments will take place during the course. All successful delegates will receive an AoFAQ certificate. The certificate will be valid for three years 28 days from date of issue. The currency of the First Aid at Work qualification is only maintained if a re-qualification course is successfully completed within the three year 28 days expiry date.

The delegate is required to show a current First Aid at Work certificate to the trainer before they commence the course. A current first aid certificate issued by another approved organization will be accepted.

Duration

A two-day course that must be completed within 6 weeks. If the course is spread over six weeks, each session must be of at least two hours in length.

If the course is run over two consecutive days, it will commence at 09.00 and finish at 16.30 with a break of 45 minutes for lunch.

Cost:

£160 per learner, minimum charge for eight learners with a maximum of 12 learners on a course.