

# Level 3 Award in Emergency First Aid at Work

**Respond with Confidence | Protect Lives | Meet Workplace Safety Standards**

This regulated qualification is ideal for anyone wishing to learn how to respond effectively in emergency first aid situations in the workplace.

The course provides the knowledge and practical skills required to handle a range of incidents, ensuring you are equipped to take immediate action and potentially save lives.



# About the Apprenticeship

This nationally recognised qualification ensures employees are trained to deal with emergency situations and meet the requirements of the Health and Safety (First-Aid) Regulations 1981.

- **Duration:** 1 day (6 contact hours)
- **Delivery:** Face-to-face, practical course led by qualified instructors
- **End-Point Assessment:** Ongoing practical assessment and multiple-choice question paper

## What You Will Learn

- **Role and Responsibilities of a First Aider** – Understand legal duties, incident reporting, and how to maintain personal safety.
- **Assessing an Incident** – Learn the primary survey, scene safety, and how to manage unconscious casualties.
- **Cardiopulmonary Resuscitation (CPR) and AED** – Perform adult CPR and understand how to use an Automated External Defibrillator.
- **Dealing with Major Injuries and Illnesses** – Respond to choking, bleeding, shock, burns, seizures, and minor injuries.
- **Managing Casualties** – Place individuals in the recovery position and communicate with emergency services.

## Who is it for?

- Employees designated as workplace first aiders
- Line managers, team leaders, and supervisors
- Anyone working in environments where health and safety responsibilities apply

## Career Progression

- Meets HSE requirements for workplace first aiders
- Demonstrates commitment to employee welfare and organisational safety
- Enhances personal responsibility and emergency preparedness

