

# FIRST AID AT WORK

## First Aid at Work Level 3 RQF

Qualsafe Registered Provider

Duration: 3 Days

Group bookings only



Prometheus is a Qualsafe Awards registered provider of the Level 3 First Aid at Work (RQF) course.

### What is First Aid At Work Level 3 RQF?

First Aid at Work enables people who have a specific responsibility at work, or in voluntary and community activities, to help people in various first aid situations and complies with the Health and Safety Executive (HSE) training standard for delivery of First Aid at Work (FAW) courses for the purposes of the Health and Safety (First Aid) Regulations 1981.

### High Risk Sectors

Companies and organisations obtain compliance by training staff to First Aid at Work level of skills, however, for sectors that have inherent risks associated the occupational health and safety department may well decide to train staff to "First Responder" level, as this adds an extra level of protection in event of a trauma medical situation. FREC 3 is the entry-level stage of the First Responder Emergency Care (FREC) pathway, enabling a "first responder" to administer pre-hospital emergency care.

Prometheus Medical strongly recommends companies and organisations consider qualifying their staff to FREC 3 level as part of their Medical Risk Management protocols.

Need Advice? Take advantage of a FREE 15-minute organisational preparedness audit with our medical faculty.

### Testimonial

"Our tutor was very informative, knowledgeable and passionate about the course & that made it easier to retain information - he kept everyone's attention over the 3 days"

Factory Supervisor

### Contact Us:

T. +44 (0)1568 600695

E. [training.coordinator@prometheusmed.com](mailto:training.coordinator@prometheusmed.com)

[www.prometheusmedical.com](http://www.prometheusmedical.com)

**Enquire Now**  
**First Aid At Work**



### Immersive

We put great emphasis on the "hands-on" aspects of course creating true-to-life medical simulations

### Expert

All our instructors are practising medics with the most up-to-date medical knowledge

### Award-Winning

Train with award-winning medical equipment, as used by Ambulance Services and Armed Forces globally

### Life-like

Experience as close to genuine patient trauma care as possible with SIMBODIES™, our ultra-realistic manikins



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**MEDICAL**  
INTERNATIONAL

# First Aid at Work Level 3 RQF continued

## Why qualify at Level 3 First Aid at Work?

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## Professional Pathways

The Qualsafe Level 3 Award in First Aid at Work (RQF) may be used towards other qualifications at the same and higher level, plus aid career progression in a relevant profession.

## Course Overview & Learning Outcomes

The objective of the qualification is to benefit Learners by preparing them to deal with a range of first aid situations and/or take on the role of first aider in the workplace

Emergency First Aid in the Workplace

Identify the role and responsibilities of a first aider

Identify how to minimise the risk of infection to self and others

Identify the need for consent to provide first aid

Conduct a scene survey

Conduct a primary survey of a casualty

Summon appropriate assistance

Identify when to administer Cardiopulmonary Resuscitation (CPR)

The recovery position

First aid to casualties experiencing seizures

Choking

Bleeding management

Recognise and treat shock

Recognise and treat a variety of wounds

First aid to a casualty with minor burns and scalds

Taking a History

Musculoskeletal injuries

Head Injuries

Eye Injuries

Causes of unconsciousness

## Group Bookings

We only cater for group bookings either at our Training Facility or clients' premises. Please give us a call or use the form on our website to enquire.



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