

**3 DAY FIRST AID AT
WORK COURSE
(HSEA APPROVED)**



INTRODUCTION

The 3 Day First Aid at Work Course is the qualification required if a person wishes, with approval from their employer, to act as a First Aider in the workplace environment.

This qualification is approved by Health & Safety Education Approvals Ltd (HSEA) since 1st October 2013 and previously for 28 years by the Health & Safety Executive (HSE) since 1985 under the Health & Safety (First Aid) Regulations 1981, which came into force on the 1st July 1982.

HSEA monitors independently the functions of PFE First Aid Training Services Ltd in terms of

- Course content,
- It's delivery of course material
- The qualification of its tutors
- The quality assurance rationale and quality controls in place internally and externally
- It's complaints procedure
- It's evaluative processes
- It's business management systems.

The 3 day course normally runs over 3 consecutive days of 6hrs duration (total = 18hrs) However the course is flexible and can be run over any time duration to suit an employer's specific requirements e.g. related to shift patterns etc

Two aspects of flexibility need to be taken into consideration:

1. Once the course has been started, the course must be completed within a maximum of 9 weeks.
2. The smallest taught part of the course cannot be less than 2hrs duration.

PFE First Aid Training Services Ltd deliver this course throughout the U.K. If as an employer looking to run this course on your own site and you have suitable training facilities then get in contact to make arrangements for a course date by ringing us on 01484 306030

THE SYLLABUS

The course syllabus is laid down in the Approved Code of Practice (ACOP) of the Health & Safety (First Aid) Regulations 1981.

The syllabus currently must be taught within the remit of the ACOP, although this may change in the future.

PFE provide an appropriate full colour A5 First Aid Handbook for each candidate attending its courses. The Handbook contains the following aspects of the HSE syllabus:

1. Introduction to First Aid at Work & role of the First Aider.
2. Basic anatomy and the importance of basic hygiene.
3. Know how to deal with an unconscious casualty.
4. Administer Cardio Pulmonary Resuscitation (CPR).
5. Show competency in the use of an Automated External Defibrillator (AED).
6. Deal with a choking casualty.
7. Deal with a wounded or bleeding casualty / Shock.
8. First Aid for minor injuries.
9. Recognition of major illnesses: Diabetes / Epilepsy.
10. Soft tissue injuries: Sprains / Strains / Contusions.
11. Fractures / Spinal Injuries / Chest Injuries.
12. Burns / Scalds.
13. Eye Injuries / Irrigation.
14. Poisoning / Anaphylaxis.

Each year of the lifetime of the certificate, at the end of year 1 and end of year 2, First Aiders are strongly recommended by the HSE and the HSEA to undertake a 3hr Basic Skills Update course (BSU). This course enables candidates to refresh their life saving skills and to remain competent and feel more confident in the application of their First Aid skills. Employers have a duty under the Health & Safety (First Aid) Regulations to ensure that additional training of First Aiders is catered for and the BSU course facilitates this recommendation. The additional certificate that candidates receive acts as evidence of additional training.