

# First Aid at Work Requalification- Level 3

## Introduction

This two-day course is a refresher and requalification on the Level 3 First Aid at Work course. Delegates must attend this training prior to their First Aid at Work certificate expiring. The course is a practical, hands on and interactive learning experience, which is approved by National Awarding body Qualsafe Awards.

## Course Duration

IHTC Ltd offer this course over two days.

## Who Should Attend?

This course is suitable for anyone who has previously attended and successfully completed the 3-day First Aid at Work course and whose certificate is due to expire. Upon booking the course a copy of your original certificate must be presented when reserving a place.

## Course Programme

- Roles & responsibilities of a First Aider
- Assessing an incident
- Unresponsive casualty
- CPR & defibrillation
- Recovery position
- Heart attack
- Stroke
- Choking
- Epilepsy
- Asthma
- Diabetes
- Shock
- Head & spinal injuries
- Anaphylaxis
- Chest injuries
- Wounds & bleeding
- Fractures
- Sprains, strains & dislocations
- Minor injuries
- Burns & scalds
- Poisoning
- Eye injuries.

*Dress code: it is advisable to wear suitable, comfortable clothing & flat footwear for this course.*

## Certification and Assessment

The method of assessment will be a multiple-choice test and a series of practical assessments. The certificate is valid for 3 years and need to be renewed before it expires otherwise the full First Aid at Work course will need to be resat to gain the qualification.

## Suggested Follow on and Complementary Courses

Level 3 First Response Emergency Care (FREC), IOSH Managing Safely (MS), Level 2 Fire Warden Course, Health & Safety in the workplace.