

Quasafe Level 3 Award in First Aid at Work (RQF) Requalification



2 day
course



Ofqual
regulated



Certificates
valid for 3 years



Course Overview

Did you know that all workplace first aiders must complete requalification training every 3 years in order to continue carrying out their role?

The **Quasafe Level 3 Award in First Aid at Work (RQF)** Requalification allows first aiders to renew their first aid at work qualification.

During this **2 day** course, candidates will practise essential first aid procedures, and learn the latest techniques for dealing with emergency situations in the workplace.

As a regulated qualification, employers can book this course for their employees and rest assured that they have fulfilled their legal responsibilities for providing quality first aid training, without having to undertake any lengthy due diligence checks.

**All requalifying first aiders must have previously completed a First Aid at Work course.*

What's Covered?

Topics Include

- Roles and responsibilities of a first aider
- CPR and defibrillation
- Managing an unresponsive casualty
- Recovery Position
- Choking
- Burns and scalds
- Wounds, bleeding and shock
- Broken bones, fractures and dislocations
- Seizures and Epilepsy
- Anaphylaxis
- Asthma
- Stroke
- Heart Attack
- Minor injuries

Note: The First Aid at Work content aligns with **Health and Safety Executive (HSE) syllabus.**

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