



**SOLUTION  
AID**

# 1 DAY COURSE – LEVEL 3 EMERGENCY FIRST AID AT WORK

Solution Aid is approved to run First Aid Training certificated by Rescue & Emergency Care (REC) & Nuco Training

## 1 Day Course – Level 3 Emergency First Aid at Work

This is a basic lifesaving course designed to provide practical hands on training to develop techniques and a systematic approach to First Aid. This course covers the requirements of the HSE 'Appointed Person' in the workplace.

### **Courses tailored to**

- The workplace
- Youth workers
- Outdoor workers
- School teachers.
- Nursing home staff
- Travel industry staff

### **The training package**

- 1 x 8 hour session
- Interactive hands on practical training
- One CPR training manikin per 2 participants
- Easy to follow individual course materials
- A recognised certificate valid for 3 years

No previous training is required for this course.

Continuous Assessment takes place during this course.

### **Course content**

- First Aid Principles
- Vital Signs
- Accident Procedure – ABCDE
- Safe Airway Position
- Bleeding
- Manage a casualty with a minor injury
- Shock
- Dealing with incidents
- Resuscitation Theory
- Resuscitation (CPR) for Heart – Attack and Non Heart Attack
- Choking
- Understand the role and responsibilities of a first aider

Price inclusive of all course materials and certification.

(Please visit the Solution Aid website – [www.solutionaid.co.uk](http://www.solutionaid.co.uk) for up to date course prices).