



**SOLUTION  
AID**

# 2 DAY COURSE – LEVEL 3 FIRST AID AT WORK - REFRESHER

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

## 2 Day Course – Level 3 First Aid at Work - Refresher

If your First Aid at Work certificate is within its valid lifetime this is the course to revalidate it. Intensive, interactive practical training for those with previous knowledge. This course refreshes previously learnt skills and techniques. This Regulated Qualification is ideal for anyone wishing to become a first aider. It covers a wider range of subjects than that covered by the Emergency First Aid at Work qualification. It provides learners with the skills and

knowledge to deal with first aid situations in higher risk workplaces or workplaces with an increased number of employees. Produced in aid of the Health and Safety (First-Aid) Regulations 1981 and the Health and Safety (First-Aid) Regulations (NI) 1982 purposes. As this is a Regulated Qualification, an Employer who obtains training from an Approved Centre is not required to carry out any due diligence on the training provider in order to ensure the suitability of the training (HSE statement).

### Courses tailored to

- The workplace
- Youth workers
- Outdoor workers
- Schools
- Nursing homes
- The travel industry

- Heavy industry
- Office
- Retail industry
- Leisure & Retail industry

### The training package

- 2 x 8 hour sessions
- Interactive hands on practical training
- One CPR training manikin per 2 participants
- 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/Shock
- Dealing with incidents
- Resuscitation Theory
- Resuscitation (CPR) for Heart Attack and Non Heart Attack
- Choking
- Limb Injuries (Damage)
- Head & Neck Injuries
- Chest & Stomach Injuries
- Common Medical Emergencies
- Hypothermia
- Hyperthermia
- Two Person Rescues
- Triage
- Burns
- Poisons
- Eye Injuries
- First Aid at Work Responsibilities
- First Aid Kits
- Exam

Price inclusive of all course materials and certification.