

Emergency First Aid at Work (Level 3)

This course enables a first aider to give emergency first aid to someone who is injured or ill at work.

Who should attend?

This course is designed for people who want training in emergency first aid. This course is appropriate for nominated first aiders in small or low risk working environments.

Pre-requisites

Candidates must be at least 16 years of age.

What you will learn?

This course covers a range of CPR and first aid skills, giving candidates the opportunity to learn and practise first aid.

Course content

- Understanding the role and responsibilities of a first aider
- How to manage an unresponsive casualty who is not breathing normally
- How to manage a casualty who is in shock
- How to assess an incident
- How to recognise and assist a casualty who is choking
- How to manage a casualty with a minor injury or seizures
- How to manage an unresponsive casualty who is breathing normally
- How to manage a casualty who is bleeding
- Understand the principles of an Automated External Defibrillator (AED)
- How to understand and recognise Post Traumatic Stress Disorder (PTSD)

Course duration

6 hours contact time

Assessment and certification

Practical and theoretical assessment on CPR and first aid.

Successful attendees will receive a certificate of competency that is valid for 3 years.

Course dates

Location	Date	Time
LED Head Office, Woodbury	16 th – 17 th January	17:30 – 21:00
Ocean, Exmouth	7 th February	10:00 – 17:00
LED Head Office, Woodbury	17 th February	09:30 – 16:30

LED Head Office, Woodbury	24 th March	09:30 – 16:30
LED Head Office, Woodbury	10 th – 11 th April	17:30 – 21:00
LED Head Office, Woodbury	12 th May	09:30 – 16:30
Ocean, Exmouth	11 th July	10:00 – 17:00
LED Head Office, Woodbury	14 th July	09:30 – 16:30
LED Head Office, Woodbury	8 th September	09:30 – 16:30
Ocean, Exmouth	26 th September	10:00 – 17:00
LED Head Office, Woodbury	4 th – 5 th October	17:30 – 21:00
Ocean, Exmouth	19 th November	10:00 – 17:00

Cost

£65 (exempt from VAT)

Discount available for block booking of 5 candidates or more. Please contact training@ledleisure.co.uk for prices.