

## First Aid at Work (Level 3)

This course covers a wide range of CPR and First Aid skills and also equips the first-aider to apply life saving skills to a range of specific injuries and illnesses.

### Who should attend?

This course is suitable for individuals in a supervisory position, or responsible as a designated first aider.

### 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 practise first aid in practical, hands-on situations.

### 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 having a seizure
- How to manage an unresponsive casualty who is breathing normally
- How to manage a casualty who is bleeding
- How to conduct a secondary survey
- How to administer first aid to a casualty with burns and scalds
- How to provide first aid to a casualty with suspected major illness
- How to administer first aid to a casualty with injuries to bones, muscles and joints
- How to administer first aid to a casualty with an eye injury
- How to administer first aid to a casualty with suspected head and spinal injuries
- How to administer first aid to a casualty with sudden poisoning
- How to administer first aid to a casualty with suspected chest injuries
- How to administer first aid to a casualty with anaphylaxis
- Understand the principles of an Automated External Defibrillator (AED)
- How to understand and recognise Post Traumatic Stress Disorder (PTSD)

### Course duration

18 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	17 <sup>th</sup> , 18 <sup>th</sup> & 24 <sup>th</sup> February	09:30 – 16:30
LED Head Office, Woodbury	12 <sup>th</sup> , 13 <sup>th</sup> & 19 <sup>th</sup> May	09:30 – 16:30
LED Head Office, Woodbury	14 <sup>th</sup> , 15 <sup>th</sup> & 21 <sup>st</sup> July	09:30 – 16:30
Ocean, Exmouth	19 <sup>th</sup> – 21 <sup>st</sup> November	10:00 – 17:00

### Cost

£200 (exempt from VAT)

Discount available for block booking of 5 candidates or more. Please contact [training@ledleisure.co.uk](mailto:training@ledleisure.co.uk) for prices.