



First Aid

Level 3 Award in Health & Safety in the Workplace (QCF)

This qualification is ideal for those already working, or preparing to work within industry wishing to become a First Aider in the workplace for the purposes of the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982. Topics covered include: the roles and responsibilities of the First Aider; assessing an incident, recognising signs and symptoms of injury and illness, assisting a casualty who is suffering from major injury and illness, chest injuries, spinal injuries and anaphylaxis

How long will it take me to achieve this qualification?

This is a 3 credit qualification, with a guided learning hour's value of 24 and it has a minimum contact time of 18 hours, which is typically delivered via a 3 day course. For those retraining, the course time can be reduced to 2 days

How is the qualification assessed?

Learners must undertake a practical assessment of their competence along with a short open response knowledge assessment, where learners are required to provide a short response to a prescribed series of questions.

What next?

In line with guidance provided by the HSE, the qualification supports/approves work place first aiders for a period of 3 years, after which point learners will need to retake the course. In addition to this it is also recommended that learners refresh their knowledge annually. Learners achieving this qualification may also go on to take other specialist first aid qualifications, such as:

- Level 3 Award in Paediatric First Aid (QCF)
- Level 2 Award in Cardiopulmonary Resuscitation and Automated External Defibrillation (QCF)