

# First Aid at Work Requalification (Blended Learning)



## Outline

The First Aid at Work course provides you with an opportunity to practise and update your first aid knowledge. It covers the skills necessary to 'hold the fort' and treat a range of injuries / illnesses in the workplace including how to assess & treat a casualty who is bleeding, unconscious or stopped breathing.

The course includes a 1-day e-learning module & a 1-day practical session. The practical session will include hands-on scenarios and presentations that will develop your confidence in administering first aid and provide you with essential life saving skills.

## Pre-requisites

To be eligible for your requalification you must hold a valid First Aid at Work certificate which must expire no later than 28 days before this course. To verify that you are eligible we will require a copy of your current FAW certificate. This should be uploaded to the student portal prior to the course.

You will be sent login details on how to access the student portal shortly. This email will come direct from our certificating body: [Active Aid](#). Please ensure you check your junk mail / spam mail folders and ensure you add [donotreply@active-aid.co.uk](mailto:donotreply@active-aid.co.uk) to your safe senders list or address book.

## Assessment & certification

A **Level 3 Award in First Aid at Work (RQF)** certificate will be provided on successful completion of the course. To qualify for your certificate you will need to complete the e-learning module and attend the practical session. Assessment includes a series of practical scenarios and a short multiple-choice assessment paper. The aim of the assessment is to demonstrate your understanding of the first aid skills and maintain a national standard in First Aid at Work training. Please inform us of any learning & writing needs prior to your course - extra time can be arranged if required.

## E-learning course details

### Outline

The e-learning module is completed online and includes a series of topics, videos and tools that will provide you with some essential first aid knowledge prior to your practical session. The module also includes a number of multiple choice questions to verify your learning for each key topic.

We strongly recommend you set aside some dedicated time to complete the module. The maximum time it should take you is 6hrs although most people find they complete their e-learning in less time. You can save and return to each topic at any time. **Important:** you must complete the e-learning prior to the practical course.

Your e-learning course login codes by sent by [Active Aid](#) very soon.

## Times

The practical day includes two x 15 minute refreshment breaks and a 30 minute lunch break. Course registration is at 9.20am and the day will finish at 5pm. Please be punctual at all times as this course requires 100% attendance to qualify.

## What to bring

- ✚ Lunch (refreshments will be available for morning and afternoon breaks)
- ✚ Comfortable clothing suitable for moving around and lying on the floor
- ✚ Proof of identity i.e. passport, driving licence photo ID card etc.

## What to expect

The course includes a number of practical scenarios which involve lying on the floor, being checked for 'injuries' and physically moving people. In order to simulate real life first aid scenarios you will be required to take on the role of casualty & first aider. This is a good indicator of your understanding.

Remember to look after yourself, lift / lower appropriately & take care of your knees. You are asked to respect and consider the well-being of others on the course. Please inform your trainer if you are uncomfortable with anything and if you have any pre-existing conditions that they should be aware of.

## Practical topics

### Assessing vital signs

- Checking brain activity, airway, breathing & circulation

### Casualty approach

- Performing a primary survey for someone that is unresponsive (D.R.S + A.B.C.)

### Secondary survey

- Assessing a casualty for further injuries, illnesses & vital information for summoning help

### Stabilising an unresponsive casualty

- Placing an unresponsive person in a stable position (recovery position)

### Medical emergencies

- Treating immediately life threatening conditions including stroke, heart attack & choking,

### Treating a non-breathing casualty

- Performing CPR and the use of a defibrillator (AED)

### Managing severe bleeding

- Administer first aid to someone who is bleeding, wounded &/or suffering from shock

### Trauma injuries

- Stabilising common fractures & head / neck injuries

### First Aid at Work Assessment

- Completion of a 40 multiple-choice question paper