



Level 3 Award in First Aid at Work
Annual Refresher Course Fact Sheet

01452 502113
www.envesca.co.uk

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Level 3 Award in First Aid at Work Annual Refresher

Course Aim

The aim of this practical refresher course is to provide first aiders with an opportunity to practise and refresh their knowledge and practical skills needed to deal with a range of first aid situations. It is designed to help maintain skills and keep up to date with any changes to first aid procedures. It is designed to be taken at any time while their first aid certificate is valid.

Who Should Attend

The qualification is for candidate's who hold a current First Aid at Work certificate or a current Emergency First Aid at Work certificate.

The Health & Safety Executive (HSE) recommends that candidates take a first aid refresher course on an annual basis after receiving their 3 year First Aid at Work or Emergency First Aid at Work certificate. This keeps their skills sharp and up to date so they can act with confidence in a first aid emergency.

Course Length

Half Day

Entry Requirements

Candidates are required to have previously attended either the one day Level 3 Award in Emergency First Aid at Work or the three day Level 3 Award in First Aid at Work course. Evidence of this prior training must be provided at the time of booking.

It is recommended that candidates have a minimum of Level 1 in Literacy/English or equivalent to undertake this qualification. Candidates should be aged 14 or above.

The Content

- Principles of first aid.
- How to quickly assess an emergency situation.
- Communication and casualty care.
- The primary survey.
- The recovery position.
- What to do if a casualty is unconscious.
- How to manage a casualty who is in seizure.
- Basic life support.
- Practical life saving CPR skills using CPR manikin.
- The actions to take when someone is choking.
- How to deal with severe external bleeding.
- Recognising the symptoms of shock and what to do.
- Other minor injuries.

Accredited By

This course is accredited by Quasafe Awards (QA) and sits on the Regulated Qualifications Framework (RQF).

This course is also available as a non accredited option.

The Benefits

By attending this practical course, your employees will refresh their knowledge and skills needed to deal with an emergency situation.

On returning to the workplace, they will have regained the confidence to react quickly in response to an incident. Administering a good level of first aid quickly can often be the difference between life and death.

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You will be able to demonstrate compliance with legislation and prove due diligence through training records and certificates. In addition, you, your business, your employees and your customers will be protected.

Assessment Methods

The candidate is assessed continuously by the trainer. There are four practical assessments but no multiple choice test for this course.

OFQUAL Accredited

Yes 630/3154/9

RQF Yes (1 Credit)

What Is Included?

- Training in a friendly and relaxed learning environment
- Envesca's proven track record of fantastic results
- Knowledge and guidance from experienced time-served trainers
- Course materials
- All examination fees plus certification costs
- The protection of Envesca's genuine "no risk" guarantee
- Excellent after care from a supportive team

Delivery Methods

- In-House
(Maximum of 12 candidates per course)

Rave Reviews

"The Emergency First Aid at Work course that I attended today was delivered by a very knowledgeable trainer in a friendly relaxed atmosphere. I particularly enjoyed the sessions on choking and the update on CPR. I had learnt about abdominal thrusts before but never seen them demonstrated before. A very worthwhile course, which I would recommend to everyone."

Lynda Jenkins

Gloucester Charities Trust

"The course was really well organised and met all our needs. The trainer was really informative and gave us great examples for practical application in our workplace. Being able to hold the course in-house meant that we were able to get all our staff trained at the same time, which was an added bonus. We had used Envesca before for Food Safety training but hadn't been aware, until recently, that they offered training in so many other areas. Now we know all the other options they offer we will definitely be using them as our main training provider."

**Jeremy Chapman | General Manager
Warehouse Climbing Centre**

Refresher Recommendation

This qualification is valid for 1 year and should be taken during the 3 year period of the Level 3 Award in Emergency First Aid at Work or the Level 3 Award in First Aid at Work certificate.

Our Promise

"To make every Envesca experience outstanding"

Our Range of Services



Management



CIEH eLearning



Safeguard



Social Care



First Aid



Customer Service



Food Safety



Health & Safety



Licensing



Fire Safety



Environmental



Train the Trainer

Training - Consulting - Supporting