

First aid at Work +F

Level 3 QCF

(Plus certification for work on Forestry Commission land)

Overview: - This course is aimed for those who would like the skill to provide and supervise first aid in an urban and more rural area where an ambulance is imminent or may be delayed due to remote location and will give the student the skill and confidence to treat minor injuries along with more serious injuries and illnesses and provide resuscitation until further help arrives. This is also a requirement to enable you to work on forestry land and is useful for all land workers

Course content: -

- Role of first aider
- Incident and casualty assessment
- Care of the unconscious casualty
- CPR cardio pulmonary resuscitation
- Management of seizures
- Choking
- Treatment of shock and external bleeding
- Minor injuries
- Sever bleeding
- Hypoxia and chest injuries
- Medical emergencies
- Heart attacks
- Anaphylaxis
- Head injury and stroke
- Burns and poisons
- Fractures and spinal injuries
- Hypothermia
- Crush injuries
- Lymes disease

Course duration: - 19 contact hours over 3 days

Instructor to student ration: - 1-12

Venue: - If we are traveling to your venue then there must be enough floor space to practice the practical skills, we will provide all training facilities

Fees: - All fees are competitively priced and depend where the course is held and number of students (minimum number is one max 12 per instructor) and all course fees include the appropriate handbook and training pack please contact the center for a quote