

# Level 3 Award in First Aid at Work (RQF)

## Qualification Information:

**Regulated Qualifications Framework (RQF) Code:** 603/2081/3

**Awarding body:** First Aid Awards Ltd (part of Nuco plus Training- content that The Safety Savvy Ltd uses)

This course is designed to meet the **statutory requirements of the Health and Safety (First Aid) Regulations** in the UK and Northern Ireland. It's intended for **designated workplace first aiders** and covers a **comprehensive range of emergencies**, illnesses, and injuries.

### Course Duration:

**Total:** Minimum **18 hours** over **at least 3 days**

Recommended to run **over 3 consecutive days**

Flexible: Must be completed **within 10 weeks**, with **each session at least 2 hours**

### Course Units:

#### ✓ Unit 1: Emergency First Aid in the Workplace

Basic life-saving skills and First response actions

#### ✓ Unit 2: Recognition and Management of Illness and Injury in the Workplace

More advanced care, assessment, and response for specific conditions

### Syllabus Topics Covered:

Category	Topics
First Aid Fundamentals	Legalities, responsibilities, reporting, scene assessment
CPR & Emergency Care	Resuscitation, AED awareness, dealing with unresponsive casualties
Injuries	Bleeding, bandaging, fractures, sprains, spinal, chest, eye, head, burns
Medical Conditions	Shock (incl. anaphylaxis), heart attacks, stroke, epilepsy, diabetes, asthma
Other Situations	Poisoning, choking

### Assessment:

**Summative Practical Assessments** – ongoing each day by instructor

**Written Assessment** – For Unit 2

### Certification:

Successful candidates receive a **Level 3 (England/N. Ireland/Wales)** or **Level 6 (Scotland)** award

**Valid for 3 years**

**Free digital certificate included**

### Group Size:

**Maximum of 12 learners** per course.

For groups greater than 12 an additional instructor can be added.

### Pricing:

Please contact us at [contact@thesafetysavvy.com](mailto:contact@thesafetysavvy.com)

### Delivery:

**All courses are delivered on site on your premises.**