



First Aid

Highfield Level 3 Award in Emergency First Aid at Work (RQF)

The objective of this qualification is to support learners in becoming emergency first aiders in the workplace. The content of the qualification meets the HSE requirements for training emergency first-aiders in those organisations that have identified that staff need to be trained to this level within their first-aid needs assessment.

The qualification covers knowledge such as the roles and responsibilities of the first aider, how to assess an incident and recognising signs and symptoms of injury and illness. The qualification also covers first aid skills in CPR and use of an AED, providing first aid to a casualty who is choking and dealing with external bleeding and hypovolaemic shock.

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 recommended that learners refresh their knowledge annually.

How long will it take me to achieve this qualification?

This qualification is usually obtained by taking a 1-day classroom-based course with contact hours of 6.

How is the qualification assessed?

The qualification is assessed by the following two methods:

1. Practical observation
The practical assessment is completed throughout the course delivery. This ongoing assessment will involve learners demonstrating practical first aid skills.
2. Written/oral questioning
Learners must provide a short response to set questions within a learner pack covering underpinning knowledge of first aid.

What next?

Individuals achieving this qualification can progress onto the Level 3 Award in First Aid at Work.

Where can this course be taken?

Through any Highfield approved training centre.