

People at work can suffer injuries or be taken ill. It doesn't matter whether the injury or illness is caused by the work they do or not, it is important to give them immediate attention and call an ambulance in serious cases. First aid at work covers the arrangements you should make to ensure this happens. It can save lives and prevent minor injuries becoming major ones.

The Health and Safety (First-Aid) Regulations 1981 require you to provide adequate and appropriate first-aid equipment, facilities and personnel so your employees can be given immediate help if they are injured or taken ill at work. What is 'adequate and appropriate' will depend on circumstances in your workplace and you should assess what your needs are.

## QA Level 3 Award in Emergency First Aid at Work

EFAW training enables a first-aider to give emergency first aid to someone who is injured or becomes ill while at work. This course covers:

- roles and responsibilities of a first aider
- assessing an incident (primary survey)
- unconscious casualties (recovery position)
- cardiopulmonary resuscitation
- choking
- external bleeding
- shock
- minor injuries (small cuts, minor burns etc.)



**Course Duration**  
6 Hours (1 Day)



**Individual Price**  
£115 + vat per head



**Group Price** (12 Maximum)  
£695 + vat per course

## QA Level 3 Award in First Aid at Work

FAW training includes EFAW and also equips the first-aider to apply first aid to a range of specific injuries and illness. In addition to the syllabus above, this course covers:

- secondary survey
- injuries to bones, joints and muscles
- suspected head and spinal injuries
- chest injuries
- burns and scalds
- eye injuries
- sudden poisoning
- anaphylaxis
- major illnesses (heart attack, stroke etc.)



**Course Duration**  
18 Hours (3 Days)



**Individual Price**  
£265 + vat per head



**Group Price** (12 Maximum)  
£1595 + vat per course

Private group courses can, for no additional charge, be held at either our Dartford training centre or at the client's preferred venue (subject to conditions). Weekend training is also available by special arrangement.



In order to deliver this Ofqual Regulated qualification, Admac are approved and monitored by Quasafe Awards. This highly recognised certification updates our former HSE approved status since the October 2013 change in legislation.

In addition, we are also ISO 9001 Quality certified by the British Standards Institution to ensure the best possible service to our clients.

All delegates receive a comprehensive course pack and upon successful completion are awarded a Quasafe Awards certificate of training, valid for 3 years.

### Approved Code of Practice and Guidance

Suggested numbers of first-aid personnel to be available at all times people are at work:

From your risk assessment, what degree of hazard is associated with your work activities?	How many employees do you have?	What first-aid personnel do you need?
<b>Low hazard</b> e.g. offices, shops, libraries	Less than 25	At least one appointed person
	25-50	At least one first-aider trained in EFAW
	More than 50	At least one first-aider trained in FAW for every 100 employed (or part thereof)
<b>Higher hazard</b> e.g. light engineering and assembly work, food processing, warehousing, extensive work with dangerous machinery or sharp instruments, construction, chemical manufacture	Less than 5	At least one appointed person
	5-50	At least one first-aider trained in EFAW or FAW depending on the type of injuries that might occur
	More than 50	At least one first-aider trained in FAW for every 50 employed (or part thereof)

The above guidance should be considered as minimum cover per location. When selecting suitable courses and personnel it is also important to take into account other factors including; previous accident history, remote/travelling workers, shift patterns, holidays/absence, visitors/public, size of premises and remoteness from emergency services etc.

### Further Reading

The Health and Safety (First-Aid) Regs 1981 - Approved Code of Practice and Guidance (L74)  
<http://www.hse.gov.uk/pubns/priced/l74.pdf>

First Aid at Work - Your Questions Answered (INDG214)  
<http://www.hse.gov.uk/pubns/indg214.pdf>

Basic Advice on First Aid at Work (INDG347)  
<http://www.hse.gov.uk/pubns/indg347.pdf>