7Y TRAINING
TRAINING THAT BUILDS CONFIDENCE
Keep Stepping Up.



First Aid At Work

Practical, accredited training giving learners the skills and confidence to respond to workplace emergencies.

DURATION
3 days

DELIVERY
Leominster or suitable locations across the UK

SUITABLE FOR
Workplace First Aiders

Certification
Qualsafe Level 3 Award in First Aid at Work (RQF)

About This Course

The First Aid at Work course is designed for people who may need to provide First Aid in the workplace.
This comprehensive course combines practical training with essential knowledge, helping learners develop the skills and confidence to respond to a wide range of workplace injuries, illnesses and emergencies.

Why Choose 7Y Training?

✓ Experienced, qualified instructors

✓ Practical, engaging training

✓ Accredited qualifications

✓ Training available across the UK

✓ Friendly, personal service

Talk to Paula today

📞 07808 670110
✉️ paula@7ytraining.co.uk

7Y TRAINING
TRAINING THAT BUILDS CONFIDENCE
Keep Stepping Up.

WHAT YOU'LL LEARN

By the end of this course, learners will have developed the knowledge and practical skills to respond to a wide range of workplace First Aid situations.

✓ Role & responsibilities of a First Aider
✓ Assessing an emergency situation
✓ CPR and use of an AED
✓ Unresponsive casualties & seizures
✓ Choking
✓ Wounds, bleeding & shock
✓ Secondary survey
✓ Injuries to bones, muscles & joints
✓ Burns & scalds
✓ Eye and chest injuries
✓ Poisoning
✓ Anaphylaxis
✓ Major illnesses

WHO IS THIS COURSE FOR?

The First Aid at Work course is suitable for:

✓ People with responsibility for providing First Aid in the workplace

✓ Workplace First Aiders who may need to respond to a range of First Aid situations

✓ Those requiring a comprehensive workplace First Aid qualification

ASSESSMENT & CERTIFICATION

Assessment

Learners complete practical assessments throughout the course, together with two multiple-choice question papers.

Certification

Successful learners receive the Qualsafe Level 3 Award in First Aid at Work (RQF).

Validity

The qualification is valid for 3 years. Learners need to requalify before their certificate expires.

PREPARING FOR YOUR COURSE

First Aid training is practical and hands-on. Please come prepared to take part in practical activities.

- Comfortable clothing
- Flat comfortable footwear
- Personal medication
- Phone/tablet — If needed during breaks
- Lunch — Please bring a packed lunch.

Talk to Paula today

📞 07808 670110
✉️ paula@7ytraining.co.uk