



# First Class Safety Training

Training today for a safer tomorrow

## Training Course Specification

Course Title	First Aid at Work Level 3 (VTQ)
Course Description	This course is suitable for candidates who work in an environment where a risk assessment has identified higher risk and a higher level of first aid knowledge is required. This course is also suitable for anyone who wishes to learn an in depth knowledge of first aid.
Course Duration	3 Day Course (18 Learning hours)
Max no of participants	12
Who should attend	Anyone who wishes to gain a higher level of first aid knowledge.
Pre-requisites	Minimum age 14.
Course Content	<ul style="list-style-type: none"><li>• Roles and responsibilities of a first aider</li><li>• Assessing an incident</li><li>• Dealing with an unresponsive casualty</li><li>• CPR and use of AED</li><li>• Broken bones, dislocations, strains and sprains</li><li>• Head, eye and spinal injuries</li><li>• Chest injury</li><li>• Heart Attacks</li><li>• Drowning</li><li>• Bleeding</li><li>• Choking</li><li>• Burns</li><li>• Shock</li><li>• Seizures</li><li>• Minor injuries</li><li>• Bites, stings and poisoning</li><li>• Diabetes, asthma, angina and stroke</li></ul>
Assessments	Delegates will be continuously assessed throughout the course, to ensure they have met the learning outcomes. Learning objectives are also reinforced through written answers.
Course Costs	TBA – Quote upon request

**Email:** [carly@firstclasssafety.co.uk](mailto:carly@firstclasssafety.co.uk)

**Phone:** 07719 285628

**Web:** [www.firstclasssafety.co.uk](http://www.firstclasssafety.co.uk)