



# First Class Safety Training

Training today for a safer tomorrow

## Training Course Specification

Course Title	Emergency First Aid at Work Level 3 (VTQ)
Course Description	A course that is ideal for smaller businesses or where your work environment is low risk. This course covers all of the core competencies outlined by the HSE. On successful completion of this course, you can be appointed as a first aider in your workplace. This course is also suitable if you are looking for a basic level of First Aid knowledge.
Course Duration	1 Day Course (6 Learning hours)
Max no of participants	12
Who should attend	Anyone who wishes to learn Emergency First Aid
Pre-requisites	N/A
Course Content	<ul style="list-style-type: none"><li>Assessing an incident</li><li>Dealing with an unresponsive casualty</li><li>CPR and use of AED</li><li>Heart Attacks</li><li>Bleeding</li><li>Choking</li><li>Burns</li><li>Shock</li><li>Seizures</li><li>Minor injuries</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

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