

### COURSE AIM

- to demonstrate a level of competence in first aid skills that meets requirements of the Health & Safety (First Aid) Regulations 1981.

### CANDIDATE REQUIREMENTS

- sixteen years of age
- physically fit and able to deal with demanding emergency procedures

### CERTIFICATE VALIDITY

- thirty-six months
- requalification a maximum of three months before certificate expiry date (certificate from new date)
- extension maximum of twenty-eight days beyond certificate expiry date (certificate from expiry date)

### CERTIFICATE REQUALIFICATION (First Aid at Work Refresher; FAWR)

- training must cover the topics of the full First Aid at Work (FAW) course
- should be delivered over at least twelve contact hours (including final practical assessment)
- each session should last a minimum of two hours, not exceeding six weeks

### COURSE DURATION

- eighteen contact hours (including final practical assessment)
- each session should last a minimum of two hours, not exceeding nine weeks

### COURSE VENUE

- all venues must:
  - have adequate space for all course students to complete practical and theory work;
  - have adequate ventilation, light for reading and 'shirt sleeve' environment temperature control;
  - have safe and well lit access and exits that are suitable for those with special needs;
  - be clean, tidy, hygienic and have either carpeted areas or mats provided for practical sessions;
  - have separate toilet facilities for male and female students.

### COURSE EQUIPMENT

- minimum requirements include:
  - one manikin per four students;
  - procedures and equipment to maintain hygiene of used equipment;
  - one dressing/bandage per student;
  - one seat per student;
  - adequate writing surfaces for students wishing to take notes;
  - current reference book appropriate to the course aims, objectives and outcomes, per student;
  - audio-visual equipment as preferred, appropriate to the course aims, objectives and outcomes.

### COURSE CONTENT

On completion of training, successful candidates should be competent in:

- providing emergency first aid at work:
  - understanding the role of the first aider;
  - referring to the use of available equipment;
  - recognising the need to record incidents and actions;
  - understanding the importance of basic hygiene in first aid procedures;
  - assessing the situation and circumstances in order to act safely, promptly, effectively in an emergency;
  - administering first aid to someone who is unconscious;
  - administering first aid to someone who is having a seizure;
  - administering cardio pulmonary resuscitation (CPR);
  - administering first aid to someone with a wound or bleeding injury;
  - administering first aid to someone who is in shock;
  - administering first aid to a casualty who is choking;
  - providing appropriate first aid for minor injuries.
- recognising the presence of major illness and applying general first aid principles in its management
- demonstrating the correct first aid management of:
  - soft tissue injuries;
  - injuries to bones including suspected spinal injuries;
  - chest injuries;
  - burns and scalds;
  - eye injuries;
  - sudden poisoning;
  - anaphylactic shock.

### COURSE ASSESSMENT

- the final assessment should determine a student's ability to act safely, promptly and effectively when an emergency occurs at work and to deal with a casualty who:
  - is unconscious;
  - requires cardio pulmonary resuscitation;
  - is wounded and/or bleeding.
- assessment should be practical with oral questioning
- assessment and waiting areas should be separate
- one independent and qualified assessor per six students is required to conduct the assessment