

QA Level 2 Award in

# First Aid Essentials (RQF)



1 day  
course



Certificate  
valid for 3 years



Ofqual  
regulated

## Be Prepared

The Health and Safety (First Aid) Regulations 1981 require all employers to make arrangements to ensure their employees receive immediate attention if they are injured or taken ill at work. This includes carrying out a risk assessment, appointing a suitable amount of first aiders and providing appropriate first aid training. However, having the correct first aid provision in the workplace is not just a legal requirement, it is incredibly important for the safety of all members of staff!

The **QA Level 2 Award in First Aid Essentials (RQF)** is a regulated and nationally recognised qualification designed for those who have a specific interest or responsibility at work, or in voluntary and community activities, to provide basic first aid in emergency situations. Successful candidates will be equipped with the skills and knowledge needed to deal with a range of first aid situations, including: CPR, choking, external bleeding, shock and minor injuries.

## What's Covered?

- ⊕ The role and responsibilities of a first aider
- ⊕ Assessing an incident
- ⊕ Managing an unresponsive casualty
- ⊕ CPR and defibrillation
- ⊕ Recovery position
- ⊕ Choking
- ⊕ Seizures
- ⊕ Shock
- ⊕ External bleeding
- ⊕ Minor injuries
  - Cuts, grazes and bruises
  - Minor burns and scalds
- ⊕ Accident reporting

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