



# White Star Medical Services Ltd

## Level 2 Award in Emergency First Aid at Work (RQF)

### Course Introduction

This Regulated Qualification is ideal for anyone wishing to become an emergency first aider. This provides learners with skills and knowledge to deal with first aid situations in low risk workplace environments for the Health and Safety (First-Aid) Regulations 1981 and the Health and Safety (First-Aid) Regulations (NI) 1982 purposes.

As this is a Regulated Qualification, an Employer who obtains training from an AoFAQ Approved Centre is not required to carry out any due diligence on the training provider in order to ensure the suitability of the training (HSE statement).

First aid at work is a 1 day course, and is valid for 3 years.

White Star Medical offers a free candidate pack for this course which includes bandages and a course booklet.

White Star Medical will also supply a course certificate the same day as proof of completion, in addition to the accredited certificate supplied by AoFAQ. Please allow up to one month for certificates to arrive from AoFAQ.

### Course Information

Qualification Title	Level 2 Award in Emergency First Aid at Work (RQF)
Course Duration	1 day
Requalification	Required every 3 years
Refresher	Recommended - 12 months
Awarding Body (ID)	AoFA Qualifications (81)
Qualification Type	Level 2 Award, RQF, Credit Value: 2
Regulated Course	Yes
Regulator	Ofqual
Trainee Title	First Aider
Minimum Classroom Hours	6
Maximum Course Duration	10 weeks
Max Number Of Trainees	12
Min Number Of Trainees	4

### Course outline

First aid at work consists of 1 Unit:

Unit 1: Emergency First Aid at Work

Unit one covers the following topics:

#### 1. Understand the role and responsibilities of a first aider.

- 1.1 Identify the role and responsibilities of a first aider.
- 1.2 Describe how to minimise the risk of infection to self and others.
- 1.3 Identify the need for establishing consent to provide first aid.
- 1.4 Complete an accident form.



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[pg2]

1.5 Identify the first aid equipment that should be available in a workplace.

1.6 Describe the safe use of first aid equipment.

## **2. Be able to assess an incident.**

2.1 Conduct a scene survey.

2.2 Conduct a primary survey of a casualty.

2.3 Give examples of when to call for help.

## **3. Be able to manage an unresponsive casualty who is breathing normally.**

3.1 Assess a casualty's level of consciousness.

3.2 Open a casualty's airway and check breathing.

3.3 Explain why it is important to place an unconscious casualty into the recovery position.

3.4 Place an unresponsive casualty in the recovery position.

3.5 Manage a casualty who is in seizure.

## **4. Be able to manage an unresponsive casualty who is not breathing normally.**

4.1 Recognise the need to commence Cardio Pulmonary Resuscitation.

4.2 Demonstrate Cardio Pulmonary Resuscitation using a manikin.

## **5. Be able to recognise and assist a casualty who is choking.**

5.1 Describe how to identify a casualty with:-

- Partially blocked airway.

- Completely blocked airway.

5.2 Administer first aid to a casualty who is choking.

## **6. Be able to manage a casualty with external bleeding.**

6.1 Identify the types of external bleeding.

6.2 Control external bleeding.

## **7. Be able to manage a casualty who is in shock.**

7.1 Recognise shock.

7.2 Administer first aid to a casualty who is in shock.

## **8. Be able to manage a casualty with a minor injury.**

8.1 Administer first aid to a casualty with small cuts, grazes and bruises.

8.2 Administer first aid to a casualty with minor burns and scalds.

8.3 Administer first aid to a casualty with small splinters.

Assessment is carried out by a multiple choice exam paper and continual assessment through observation by the course assessor.

A percentage pass is required on exam papers plus all Assessment by Observation must be passed before receiving the qualification.

## **Trainee Information**

This course will require a certain amount of physical activity and the Learner will need to demonstrate CPR techniques from the floor (kneeling) position in a group environment. The Learner should wear sensible (flat) shoes or trainers and suitable loose fitting clothing.