



# Course Information Sheet

## Course Title:

**Level 3 Award in First Aid at Work (18hrs+)**

## Course Duration:

- ❖ This Mountain Services course is approx. 24 hours (a minimum of 18hrs plus home assignments can be achieved) spread over at least three days. Ideally, the course should be run over three consecutive days, but we have the flexibility to accommodate your specific needs if you so desire providing it is completed within 10 weeks of starting the course and the training sessions last for a minimum of two hours.

## Course Location:

- ❖ This course is typically run at the Client's premises so that we can cover any first aid concerns that are specific to your area of operation. However Mountain Services have several excellent training locations in Cumbria & North Lancashire if you require.

## Who is this course for:

- ❖ No prior First Aid knowledge is required to attend this course.
- ❖ This course is suitable for those seeking to revalidate an existing qualification.
- ❖ If your assessment of First Aid needs highlights the need for qualified First Aiders in outdoor activity, then this Level 3 qualification will provide you with suitable and highly trained personnel.
- ❖ It is a requirement of the Health & Safety law that employers provide a safe and healthy environment to work in. If your assessment of first aid needs highlights the need for qualified first aiders, then this level 3 qualification (level 6 in Scotland) will provide you with suitable, highly trained personnel.
- ❖ This comprehensive three-day course covers a wide range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way. In addition, this course will include any protocol changes that may have arisen since their last training course.
- ❖ This course will give the participants a qualification to the highest level of First Aid, meeting the statutory requirements of the Health and Safety (First Aid) Regulations 1981.

## Course Format:

- ❖ This course is a mixture of classroom, hall and on the outside training. It covers multiple learning styles to maximise candidate engagement and learning.
- ❖ Candidates will be required to participate in activities (subject to any physical limitations).
- ❖ Mountain Services believe that candidates learn best in a safe fun and engaging environment

## Syllabus:

A range of outdoor First Aid related subjects are covered including:

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- Legalities, responsibilities and reporting
- Dealing with an unresponsive casualty
- Heart attacks
- Head injuries
- Chest injuries
- Asthma
- Stroke
- Resuscitation and AED awareness
- Bandaging ÉShock (including Anaphylaxis)
- Choking
- Eye injuries
- Sprains and strains
- Diabetes

- Assessment of the situation
- Fractures and spinal injuries
- Control of bleeding
- Poisoning
- Burns
- Epilepsy

## Certification:

- ❖ Summative practical assessment is ongoing by the instructor each day, along with a written assessment on each day.
- ❖ Candidates must physically be able to demonstrate CPR - this will require being able to kneel on the floor. Candidates unable to do so *may* be issued a certificate of attendance with an exemption noted.
- ❖ A three year Level 3 Award in First Aid at Work will be issued to the learner, subject to successful assessment. No external assessors are required.

## Age restrictions & course numbers:

- ❖ A maximum of 12 students are allowed and must be a minimum of 16 years of age and a certificate can be offered to all, subject to assessment.
- ❖ A learner cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

## What do you need to bring:

- ❖ All learning material will be provided by Mountain Services, but clients should bring something to take notes.
- ❖ Candidates are asked to bring their usual full hill kit for the duration of the course - including your own first aid kit if you have one,
- ❖ This course takes place outdoors - so you should bring warm clothes, waterproof, hat & gloves. You will need to bring lunch, snack and a drink. You will also need to bring any personal items you require.

