

# EMERGENCY FIRST AID AT WORK

## OVERVIEW

The RQF Level 2 Emergency First Aid at Work (EFAW) qualification enables a first-aider to give emergency first aid to someone who is injured or becomes ill while at work.

This one-day course covers a range of CPR and first aid skills, providing you with the skills to ensure a safe working environment.

The Emergency First Aid at Work course is six hours. The course comprises of practical work and theoretical classroom work, including practical assessment on CPR and first aid.

Successful learners will receive a **Highfield Qualifications** certificate which is valid for three years as of the date of assessment.

A range of subjects are covered including:

Understanding the role and responsibilities of a first aider

How to manage an unresponsive casualty who is not breathing normally

How to manage a casualty who is in shock

How to assess an incident

How to recognise and assist a casualty who is choking

How to manage a casualty with a minor injury

How to manage an unresponsive casualty who is breathing normally

How to manage a casualty with external bleeding

Courses are available at our training centre in South Shields, however we can also train groups (up to 12) at your place of work. Please contact [Marine.SafetyTraining@stc.ac.uk](mailto:Marine.SafetyTraining@stc.ac.uk) for more information and prices.

## ENTRY REQUIREMENTS

[www.stc.ac.uk](http://www.stc.ac.uk)

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Learners must be a minimum of 16 years of age at the time of taking the assessment. No prior first aid knowledge is required. Learners must be physically able to carry out the practical elements of the course.

## **ASSESSMENT**

Emergency First Aid at Work is trainer assessed throughout the course and the assessment should determine a learner's ability to act safely, promptly and effectively when an emergency occurs at work and to deal with a casualty.

## **DATES & FEES**

Contact us for current course dates and fees.