

Emergency First Aid at Work – Qualsafe Level 3 (EFAW01)

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. 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 Qualsafe Level 3 Award in Emergency First Aid at Work (RQF) qualification is designed for individuals who wish to act as an emergency first aider in their workplace. Upon successful completion of this qualification, candidates will be equipped with the essential skills needed to give safe, prompt and effective first aid in emergency situations. As a regulated qualification, employers can book this course for their employees and rest assured that they have fulfilled their legal responsibilities for providing quality first aid training, without having to undertake any lengthy due diligence checks.

Course Content

- Role and aims of the First Aider
- Scene survey and primary survey
- CPR, AED and resuscitation
- Unconscious casualty and recovery
- Position
- Seizures
- Choking
- Bleeding, shock and wound care
- Fractures, dislocations and spinal injuries
- Diabetes and low blood sugar
- Heart attack, angina and stroke
- Asthma and anaphylaxis
- Trauma aftercare and reporting
- Course wrap-up and assessment guidance
- Minor injuries:
 - Cuts, grazes and bruises
 - Minor burns and scalds

Learning Outcomes

By the end of this course, learners will be able to:

- Explain the role and aims of a first aider: preserve life, prevent worsening, promote recovery
- Recognise and respond to life-threatening conditions, including hypoxia, cardiac arrest, choking, catastrophic bleeding and shock
- Demonstrate key first aid actions: CPR, AED use, recovery position, choking treatment, bleeding control and wound care
- Manage common injuries and illnesses including burns, fractures, spinal injury, diabetes, heart attack, stroke, asthma and anaphylaxis
- Understand aftercare, reporting and wellbeing following incidents

Course Assessment

- Ongoing practical assessments
- Written assessment



1 day



Maximum of 8 people



Training Academy
or on-site



Qualsafe Certificate
Valid for 3 years