



# FIRST AID AT WORK + F (FORESTRY) LEVEL 3

## objectives

The First Aid at Work + F Level 3 qualification is for nominated personnel to become First Aiders in the Workplace to comply with the Health & Safety (First Aid) Regulations 1981.

This course will enable students to get help and give safe, prompt and effective First Aid to a casualty in a remote environment following an injury or illness using materials to hand and first aid equipment.

Certificate lasts for three years. Two day requalification option available. The FAAW+E can also taken as blended learning training course. One day completed online, two days face to face. Course includes additional Forestry Commission requirements.

The HSE recommend annual refresher training to avoid skills fade. We offer free training on all FAAW and Paediatric courses.



### Day 1

Approach to patient & Purposes of first aid

Basic Life Support

Choking

Secondary Survey

Dealing with the unconscious person

### Day 2

Control of Severe Bleeding

Crush

Minor Injuries

Treatment of Shock

Burns and Scalds

Injuries to Bones, Muscles and Joints

### Day 3

Medical Conditions

Lyme's Disease

Poisoning

Recognising Illness

Moving an Injured Person

Celebration of Learning

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