

## Course Description

## Remote Emergency Care Level 3 (HSE First Aid at Work)



# Training Expertise

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## Level 3: HSE First Aid at Work

### What is it?

This is a three-day course that meets with the Health and Safety Executive's requirements for First Aid at Work training. This complies with the new HSE guidelines that came into force on 1<sup>st</sup> October 2009. Training involves plenty of hands-on practicals and scenarios.

### Who's it for?

This course is designed for people who wish to be the designated first aider in their workplace. Training is designed around the participants' workplaces, which would typically involve outdoor working.

### Do I need to have learned first aid before?

No – this is an entry-level course.

### How long does it last?

Three days (conforms to new HSE guidelines). Training typically runs from 9am until 5.30pm each day.

### What does it cover?

- Scene management and personal protection
- Legal considerations
- The ABCDE of first aid
- Dealing with unconscious patients
- Airway management and The Safe Airway Position
- Choking and asthma
- Serious bleeding
- Burns
- Managing head and spinal injuries
- Cardiopulmonary Resuscitation and Automated External Defibrillator (AED) use
- Cardiopulmonary Resuscitation in the wilderness
- Management of shock, including anaphylaxis and the use of the EpiPen
- Vital signs and patient monitoring
- Fracture management
- Wound management – cuts, grazes, road rash and blisters
- Diabetes and dealing with low blood sugar
- Hypothermia, dehydration and hyperthermia
- Heart disease
- Seizures and stroke
- Drowning
- Triage
- Recording and reporting incidents at work
- Your duties as the first aider at work
- Written, practical and oral exam

### Do I get a certificate?

Yes – you will be issued a certificate valid for 3 years, certified by Remote Emergency Care (see [www.remoteemergencycare.com](http://www.remoteemergencycare.com) for details).

### Who should I contact?

To find out more, contact the Training Expertise team on [info@training-expertise.co.uk](mailto:info@training-expertise.co.uk) or **01344 466390**.