

Training Solutions

Level 2 Award in First Aid Essentials (RQF)



Who Is This Course Designed For?

The QA Level 2 Award in First Aid Essentials (RQF) is a regulated and nationally recognised qualification designed for those who have a specific interest or responsibility at work, or in voluntary and community activities, to provide basic first aid in emergency situations.

Successful candidates will be equipped with the skills and knowledge needed to deal with a range of first aid situations, including: CPR, choking, external bleeding, shock and minor injuries.

About the Course

- > Duration: 1 Day
- > Quasafe regulated
- > Refresher training recommended every 3 years

What Do I Do Next?

If you would like a course exclusively run for your employees, at your business premises, we would be happy to arrange this for you. Prices for a closed course are available on application.

Please call **01522 690 237** or email Elizabeth Turner at elizabeth.turner@pibrm.com to discuss further or book a place on one of our open courses.

What Is Covered?

- > The role and responsibilities of a first aider
- > Assessing an incident
- > Managing an unresponsive casualty
- > CPR and defibrillation
- > Recovery position
- > Choking
- > Seizures
- > Shock
- > External bleeding
- > Minor injuries
- > Cuts, grazes and bruises
- > Minor burns and scalds
- > Accident reporting



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