



# NaRS First Aid at Work

## **Aim**

To establish a standard, which creates a level of competence for first aid skills that meet the requirements for the Health & Safety First Aid at Work Act 1981.

## **Entry Requirements**

Candidates must be:

- 13 years of age or older;
- Physically fit and able to deal with demanding emergency procedures.

## **Validity of Award**

36 Months.

## **Length of Course**

Full Course: 18 contact hours;

Revalidation: 12 contact hours.

## **Course Information**

On completion of training successful candidates should be able to:

- Provide emergency first aid at work (see EFAW syllabus)
- Administer first aid to a casualty with:
  - ◇ injuries to bones, muscles and joints, including suspected spinal injuries
  - ◇ chest injuries
  - ◇ burns and scalds
  - ◇ eye injuries
  - ◇ sudden poisoning
  - ◇ anaphylactic shock
- Recognise the presence of major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma, diabetes)

Students will also be required to demonstrate knowledge and understanding of the principles of first aid at work, in particular of:

- The importance of personal hygiene in first aid procedures;
- The legal framework for first aid provision at work;
- The use of first aid equipment provided in the workplace.

## **Assessment**

The qualification is assessed as set out below:

- Continual assessment by the tutor;
- Completion of a 16 question Theory Examination Paper to the satisfaction of the course tutor;
- Demonstrating the ability to carry out CPR on an adult manikin; (externally assessed)
- Demonstrating the ability to carry out first aid for an unconscious casualty; (externally assessed)
- Demonstrating the ability to carry out first aid for a work place emergency situation. (externally assessed)

**For details on courses running in your area please visit  
[www.sta.co.uk](http://www.sta.co.uk) or contact the course department.**