



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.

Pre-requisites

Be 16 years of age at time of examination.

Validity of Award

36 Months.

Length of Course

Training courses, including final assessment, must last at least 18 contact hours.

Course Information

On completion of training successful candidates need to be able to apply the following competencies:

- The ability to act safely, promptly and effectively when an emergency occurs at work;
- The ability to administer cardio pulmonary resuscitation (CPR) promptly and effectively;
- The ability to administer first aid safely, promptly and effectively to a casualty who is unconscious;
- The ability to administer first aid safely, promptly and effectively to casualty who:
 - ◊ Is wounded or bleeding;
 - ◊ Has been burned or scalded;
 - ◊ Is suffering from an injury to bones, muscles or joints;
 - ◊ Is suffering from shock;
 - ◊ Has an eye injury;
 - ◊ May be poisoned;
 - ◊ Has been overcome by gas or fumes;
- The ability to transport a casualty safely as required by the circumstances of the workplace;
- The ability to recognise minor illness and take appropriate action;
- The ability to maintain simple factual records and provide written information to a doctor or hospital if required.

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;
- Complete a 16 question, end of course worksheet (pass mark 12);
- Externally assessed 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.

**For information of courses running in your area please visit
www.sta.co.uk or contact STA on 01922 645097.**